DRESS SHOP™

Family of Products

Dress Shop

Computer Generated Clothing Patterns for Women, Men, Girls and Boys

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Dress Shop ™

Welcome to the pattern-designing software created with discriminating sewers in mind. Dress Shop (DS) not only includes patterns to get you started, but also lets *you* choose which additional patterns, design features and options you want! Every pattern is custom drafted to your design choices and your body measurements.

- Design and purchase only the patterns you want.
- Start with the Measurement Wizard or Standard Sizes charts.
- All patterns work with all sizes.

The best way to learn the Dress Shop program is to play with it. Once you have activated your program, set your User Preferences and have set up your printer, become familiar with the menus and icons in the program referring to the instructions below. Instructions on using the many tools and features to further refine your garment designs, along with detailed sewing instructions are provided in the Help menu and in the following pages of this User Manual.

Quick Start Guide to Dress Shop

Your Fit Test Garment is the most important step to getting that 'perfect fit'. Please read through the following steps, which are designed to get you up and sewing quickly.

1. From the Size menu, select the standard size closest to what you need. Use your bust and hip size to determine the size to select. The upper and lower body sizes you select do not have to be the same. Don't worry about getting that 'perfect fit' in the beginning. Start with a better than 'ready-to-wear' fit, then fine-tune after you have a good starting point.

2. Once you have selected your size, return to the Size menu, select Fit Test Patterns, then "Casual Blouse". There are several other fit test patterns that you can get to later, but let's start with this one to get the basics right.

3. Print your fit test pattern and make a fit test garment. (Instructions for printing and constructing your pattern are on Page 23.) The Fit Test Patterns dialog box contains a HELP button that will take you to the instructions to walk you through what fit test patterns are for, and how to use them to refine your measurements.

4. Once you have made your initial fit test garment and know where you need to fine-tune, do your adjustments to your measurements and move on the next fit test pattern. Once you have a good set of measurements, you are ready to start creating your custom fitting garments.

5. Dress Shop comes with additional patterns included. To use these additional patterns, you must activate your copy of Dress Shop. From the File menu, select "Activate Product". Enter the email address and password that you used when you purchased Dress Shop. Click on the "Activate Products" button. The program will check with the Livingsoft Northwest web site and download activation codes for any product(s) or pattern collections that you own. Your products and patterns will be activated. The patterns you own are now available to print.

6. To work with a pattern, use the File>Load Pattern menu, select the sub-folder for the garment style you wish to work on: Blouse, Dress, Pants, etc. Every pattern in your patterns folder is yours to print, re-design using the Options menu, save, and print again in any sizes and with any options, as often as you like.

Quick Start Guide to Doll Shop Deluxe

The Dress Shop patterns and features should all work for doll sized measurements. Standard doll charts can be found in the Doll Charts folder when you use File – Load Measurements. To make your own Abby Rose doll, see File – Make Your Own Doll. Select each feature and print the directions you need. Use the "Help" buttons there for additional directions. Art for all facial features is provided for several hand sewing as well as for a number of automated embroidery machines. The Make Your Own Doll help article provides additional directions.

Activating Products

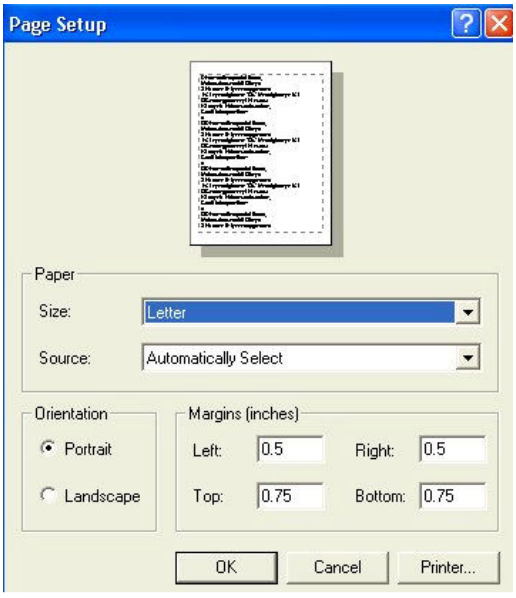
When you run Doll Shop Deluxe, the first thing you should do is activate it so it can print. From the File menu, select Activate Products. Enter the email address and password you used when you purchased. The program will check your account on-line and activate whatever you own. All owned patterns will be copied into the "MyPatterns" folder. Those patterns may be printed. You can also enter activation codes manually if your sewing computer does not have an Internet connection.

Dress Shop Standard Settings
Use inches with fractions
Use inches with decimals
Use centimeters
Enable scroll bars
Draft for a plotter
Print by columns, not rows
Show patterns in color
Make pattern lines dark and bold
Display is set to large scale dpi
5/8
Default seam allowance size
(enter zero for none)
Your Dress Shop directory is :
c:\Program Files\Livingsoft\DressShop\
(These settings may be changed at any time using the File menu - Settings option)
Close

Setting User Preferences

Use the File > Settings option to set your program for your preferences. Here you will select measurement preferences, printing and display options. Click in the boxes for your choices, and all marked choices will be activated. You can change your User Preferences at any time by using the File > Settings option.

Page Set up - Setting up your printer



Use the File > Page Setup option to get your printer ready to print your patterns. Here, you will verify that the correct paper size, margins, and printer are selected.

Dress Shop uses your Windows default printer. If you have more than one printer connected to your computer, verify that you will be using the correct printer. Additionally, you will need to set your margins. Most people have an easier time with this step if they use multiples of a quarter inch or even numbers of centimeters. All entries in Page Setup should be decimal (not fractional) values.

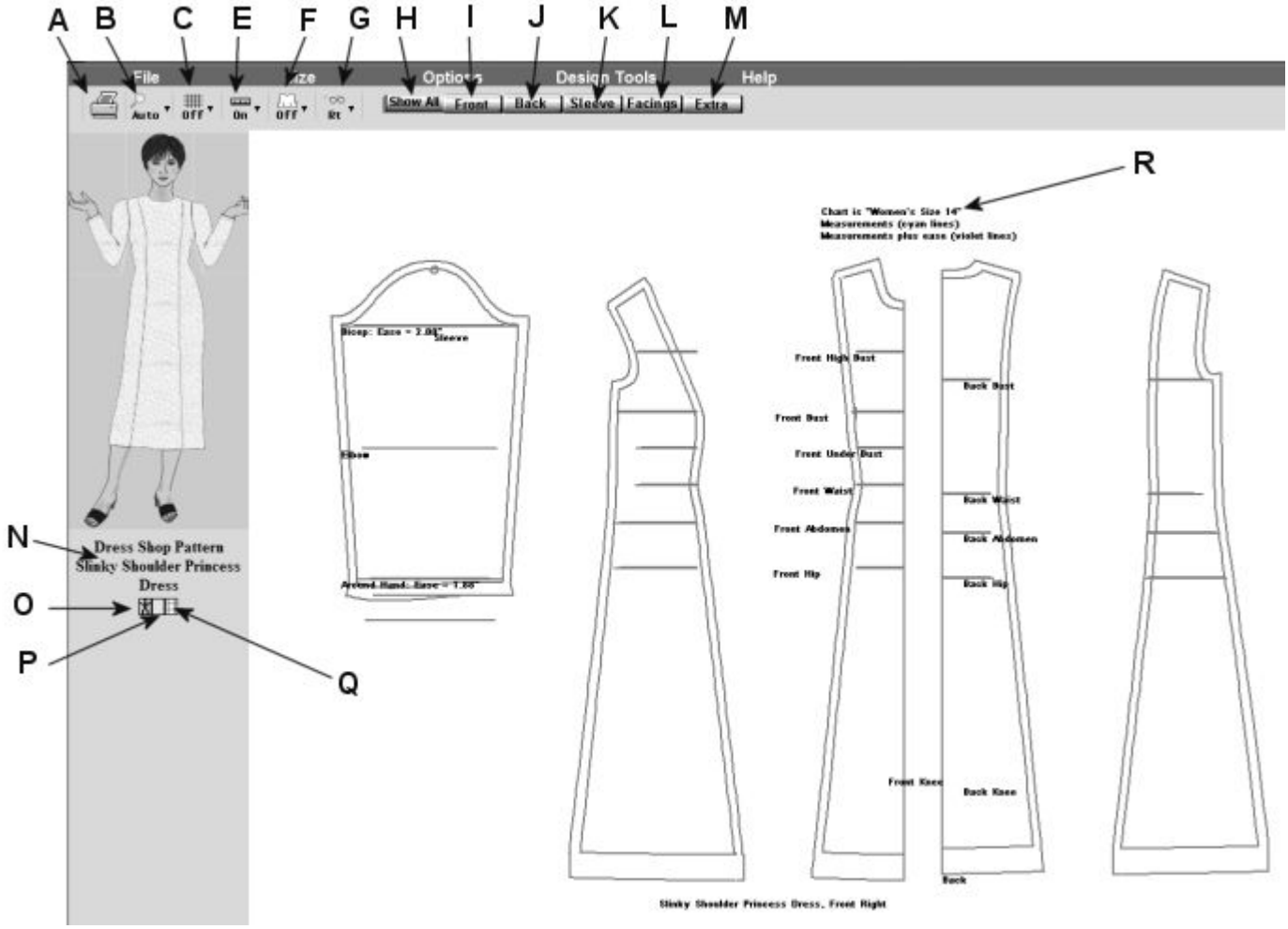
In order to insure that the entire pattern prints properly, each sheet must draft to match what your printer is set up to print. If your printer is using 8.5" by 11" paper and has half-inch margins all around, then each sheet can contain 7.5" by 10" of your pattern. Dress Shop needs to know these numbers so it can draft properly. Use the controls on this page to instruct Dress Shop about your printer setup.

Be sure that your printer will support the margins you set or you may end up missing your match targets or pieces of your patterns. If you are missing your side targets ⌖ , increase your side margins. (Targets print on the sides only, not top and bottom.) If you are not getting the full length of your pattern, increase the top and bottom margins.

- For complete information on printing, refer to the **Printing** section of this User Manual.

Getting Started:

Take some time to get familiar with the program screen and the functions of all of the buttons.



A. Printer Icon - The Printer icon takes you to the Print screen to print out an owned pattern. Patterns that are being previewed may not be printed. The red **X** on the print icon indicates that printing is disabled for this pattern. The red X will not display on patterns that have been purchased.

B. Set Scale – Clicking on the Scale icon will step through the scales of Auto (Fit to screen), 25%, 50%, and Full Scale, and then back to 'Auto'. Click on the down pointing arrow to display the Scale menu and select the size you want.

C. Grid Icon -The 1-inch (or 2cm.) grid can be turned on or off using this icon. Use the grid to measure your pattern on screen in any scale.

E. Measurement Display Icon - This icon will let you view the measurement reference lines and amounts on your pattern. The "**Reference Lines Only**" will display where your measurements are in the pattern (bust, waist, ab, hips, etc.). "**Lines and Values**" will display the reference lines along with your measurements, indicated with a dashed Cyan line, ***plus*** ease that is in the garment, indicated with the Violet line. Each click on the "Meas" icon will step through Measurements Off, Reference Lines Only, Lines and Values, and back to Measurements Off. Clicking on the down pointing arrow will display the Measurement Display menu options.

F. Reference Pattern Icon - Toggle your sloper (Fit Test Garment) to display under the garment you are drafting to compare ease. Clicking on the Reference pattern icon displays the following: Reference Off, Sloper with no adjustments, Foundation Pattern, Pattern with zero ease. Clicking on the down pointing arrow will display the Reference Pattern menu options.

G. View Pattern Icon – Clicking on the View icon will step through the views of Right side, Left side, Both sides (unfolded), and then back to Right side. Clicking on the down pointing arrow will display the View Pattern menu options.
H. Show All Pieces - Displays all of the pattern pieces for your garment.
I. Front - Only the front pattern pieces will display on the screen.
J. Back - Only the back pattern pieces will display on the screen.
K. Sleeve - Only the sleeve pattern pieces will display on the screen.
L. Facings - Only the facings will display on the screen.
M. Extras – Only your selected Extras, such as pockets, belt loops, waistband, etc. will display on the screen.
N. Pattern Name
O. The Body icon will change the body size of the model.
P. Use the solid colored icon to display solid colors on the selected garment,
Q. Use the fabric icon to display various fabrics on the garment.
R. Pattern Legend – Describes each of the various lines on the pattern along with the measurement set being used.

The Top Menu Bar

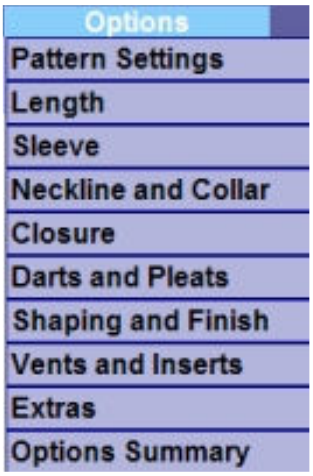
The File Menu:

- Start a new garment.
- Load your included patterns and/or retrieve your purchased patterns.
- Create and save several designs from one pattern.
- Activate and set up the program to your preferences.
- Setup your margins and paper size for printing your patterns.
- Determine how much fabric you will need for your garments.
- Preview a different DS version.
- Close the program.

The Size Menu:

- Select a Standard size, from infant's 3 months, up to Women's size 40 & Men's size 60.
- Use the Measurement Wizard to get started quickly with just 5 measurements.
- The Complete Measurement chart allows you to enter, display, or edit all 61 measurements used to draft Dress Shop patterns.
- Draft your Fit Test Patterns to verify or adjust your measurements.
- Load saved measurements.
- Import measurements from an earlier version of Dress Shop. If you own an earlier version of Dress Shop, upon opening Dress Shop 8, your personal measurement files are automatically imported. If you should ever need to repeat that, use the "Import Measurements" option to get a fresh copy of your old charts.

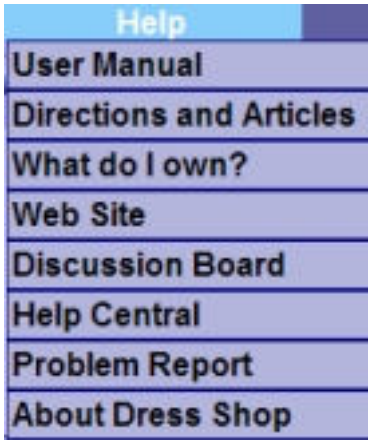
The Options Menu provides additional options for your patterns, allowing you to create multiple garments from a single pattern. You will use the Options menu to edit the patterns that were included with your program, along with any future patterns or collections you purchase. Select your garment length, options for sleeves such as style of cuff or no cuff. Edit the shape and depth for your neckline, adjust the ease in your garment, add pleats, edit darts, or add pockets.



- You can create many new looks from your purchased patterns by using the Options menu.
- Set your preferred seam allowances, hems and facings widths in the Pattern Settings.
- Only the Options that work with the currently displayed garment will be available.
- Review and print out your selected design changes using the Options Summary.
- Be sure to review the Options section of this manual to learn how to use these tools.

The Design Tools Menu provides more in-depth design tools that you can use to customize your patterns even more. Each tool is specific to some effect or type of garment and provides options, settings, and adjustments for that feature

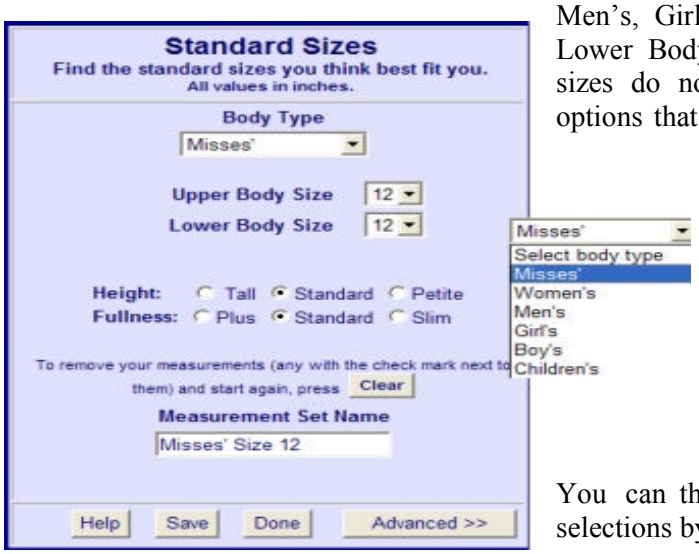
The Help Menu contains links to the web site and sewing sites, and is where you can submit a problem report. Join the Discussion Board for lots of friendly, experienced users' advice, post questions, and perhaps locate an Educator or User's Group near you.



- Access the User Manual.
- Review or print detailed sewing instructions for garment you are working on..
- You can also see at a glance which patterns you own by selecting "What do I own" from the Help menu.
- Visit the Livingsoft Northwest website and check for updates, discounts, and special offers.
- Join the discussion board and get advice and ideas from other customers.
- Help Central can answer many of your questions.
- When submitting a Problem Report, be sure that you have the size, and garment that you are encountering problems with, on the screen.
- Quickly see which patterns and/or collections you own.

Measurements

There are several ways to use the measurements in Dress Shop.

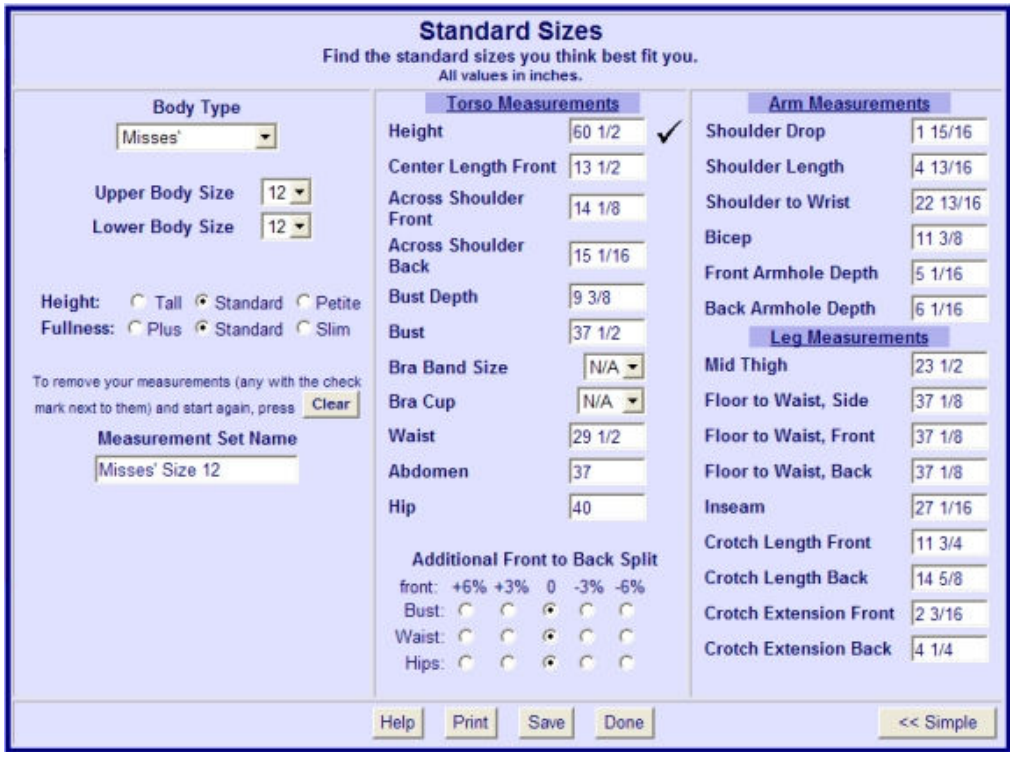


Standard Sizes Select Standard Sizes from the Size menu, select your Body Shape. You can choose from Misses', Women's, Men's, Girl's, Boy's, or Children's sizes. Then find the Upper and Lower Body size that you would normally wear. Upper and lower sizes do not have to be the same. Adjust the Height and Fullness options that best describe your Build.

You can then save your measurement choices, or further edit your selections by selecting the "Advanced" option.

In the **Advanced** window, you can edit your selected sizes. This is where you can edit measurements that you know are non-standard, such as bicep, bust or hips. When you change a measurement, it will be marked with a ✓. Once you have made your adjustments to your measurements, select Save, and in the resulting window, give them a unique name, such as your name and the date: Mary Feb. 2010.

You can review or change any of these measurements at any time by using Size>Load Measurements.


Standard Sizes
Find the standard sizes you think best fit you.
All values in inches.
Body Type
Misses'
Upper Body Size 12
Lower Body Size 12
Height: Tall Standard Petite
Fullness: Plus Standard Slim
To remove your measurements (any with the check mark next to them) and start again, press Clear
Measurement Set Name
Misses' Size 12
Torso Measurements
Height 60 1/2
Center Length Front 13 1/2
Across Shoulder Front 14 1/8
Across Shoulder Back 15 1/16
Bust Depth 9 3/8
Bust 37 1/2
Bra Band Size N/A
Bra Cup N/A
Waist 29 1/2
Abdomen 37
Hip 40
Additional Front to Back Split
front: +6% +3% 0 -3% -6%
Bust:
Waist:
Hips:
Arm Measurements
Shoulder Drop 1 15/16
Shoulder Length 4 13/16
Shoulder to Wrist 22 13/16
Bicep 11 3/8
Front Armhole Depth 5 1/16
Back Armhole Depth 6 1/16
Leg Measurements
Mid Thigh 23 1/2
Floor to Waist, Side 37 1/8
Floor to Waist, Front 37 1/8
Floor to Waist, Back 37 1/8
Inseam 27 1/16
Crotch Length Front 11 3/4
Crotch Length Back 14 5/8
Crotch Extension Front 2 3/16
Crotch Extension Back 4 1/4
Help Print Save Done << Simple

Because the clothing industry's "standard sizes" vary considerably, it is sometimes difficult to know which 'standard size' to select. If you are not sure about which standard size to choose, use the Measurement Wizard for a quick start. Just enter a few key body measurements, and the program will look up the nearest matching upper and lower body size charts that match you, and adjust them to your height and inseam. You can then fine-tune the results in the advanced window.

The Measurement Wizard: Select Size followed by **Measurement Wizard** from the top tool bar. In the Wizard, your first option is to select a Body Shape. You can choose Misses', Women's, Men's, Girl's, Boy's, or Children's.

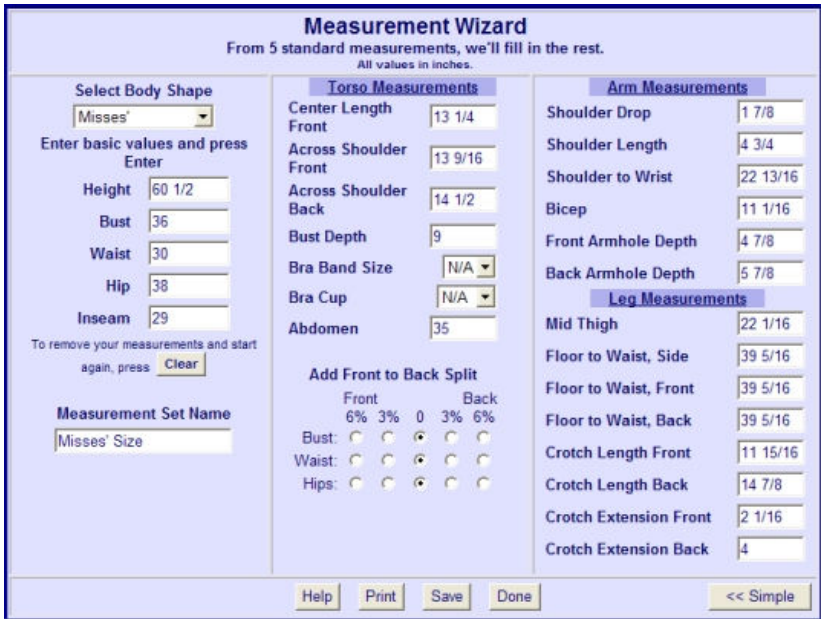
Once you have selected the body shape, you will enter 5 basic measurements into the chart and DS will find the standard size closest to the measurements you have entered.

Height	Enter the total height measuring from the floor to the top of the head.
Bust	Measuring at the fullest part of the bust, enter the total circumference.
Waist	Enter the total circumference of the waist.
Hip	Measuring at the widest part of the hip, keeping the tape level to the floor, enter the total circumference.
Inseam	Measure from the crotch to the floor.

You can then further edit the determined measurement set by selecting the **Advanced** button. Here, you can verify and / or edit any measurements that you know need to be changed. When you make a change to any measurement, it will be marked with a **9.**

Once you have your measurements adjusted, select 'Save' to save your measurements, giving them a distinct name.

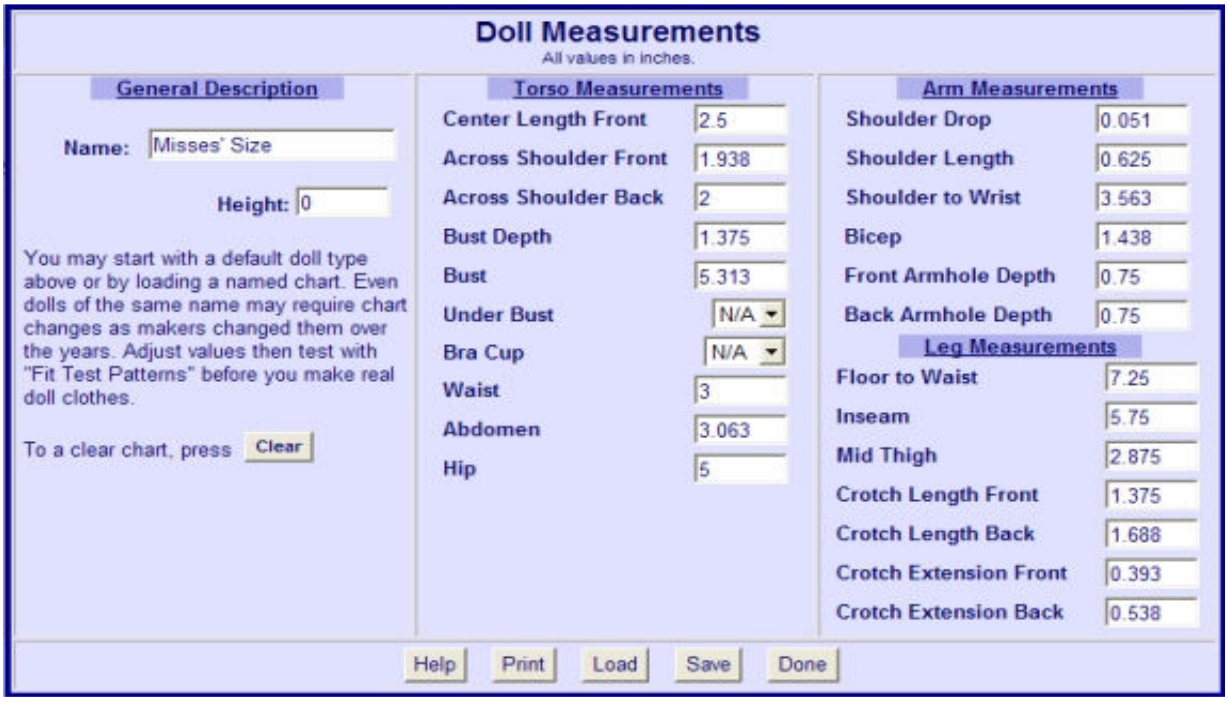
You can change or review these measurements at any time by using Size>Load Measurements.



Be sure to refer to the Measurements section of this manual to learn how to take your measurements correctly.

The Easy Doll Chart

For Doll Shop Deluxe users, your doll measurements may be entered or adjusted using the Easy Doll Chart from the Size menu. It looks like this:



If you adjust any of the values in this chart, select that entry box and click on the "Help" button at the bottom of the chart for a detailed picture and directions for how to take that measurement. Section of this user manual titled "Taking Doll Deluxe Measurements" also describes how to measure. Once you have done your best with the tape, though, you may have to adjust a few values further, based on the fit of the Fit Test patterns. If the waist is loose, reduce the waist measurement and try again. There really is not easier way to fine tune these numbers. Dolls are small and the precise way that each person holds the tape and how close you can get to the proper location on your doll just vary slightly from person to person and hand adjusting just cannot always be avoided.

If you have done all you can with this chart and still have some fit issues that you are not satisfied with, you can view and edit every body measurement value that Doll Shop Deluxe uses using The Complete Measurement Chart.
.

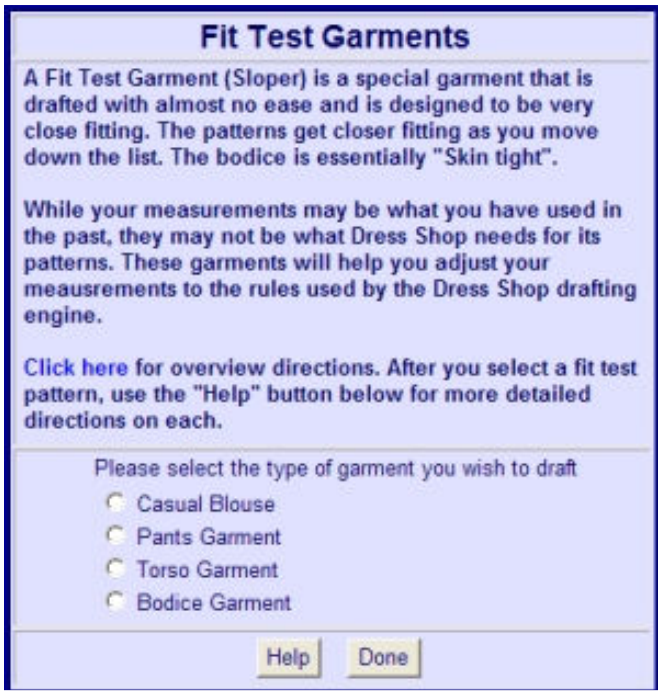
The Complete Measurement Chart

When you are ready for more advanced control over your patterns, the Complete Measurement Chart allows you to enter all of your personal measurements that Dress Shop uses, for a completely custom fit for all of your garments.

- Use the Size>Complete Chart option to access the measurement chart

For assistance in getting your measurements done properly, use the "Help on Measurements" link at the top of the chart or refer to the Measurements section of the User Manual.

Fit Test Garments


Fit Test Garments
A Fit Test Garment (Sloper) is a special garment that is drafted with almost no ease and is designed to be very close fitting. The patterns get closer fitting as you move down the list. The bodice is essentially "Skin tight".
While your measurements may be what you have used in the past, they may not be what Dress Shop needs for its patterns. These garments will help you adjust your measusrements to the rules used by the Dress Shop drafting engine.
Click here for overview directions. After you select a fit test pattern, use the "Help" button below for more detailed directions on each.
Please select the type of garment you wish to draft
Casual Blouse
Pants Garment
Torso Garment
Bodice Garment
Help
Done

Under the Size menu, you will also see the option for **"Fit Test Garments"**. There are four test patterns (slopers), drafted with almost no ease to verify your measurements. The patterns used for Fit Test Garments (slopers) are:

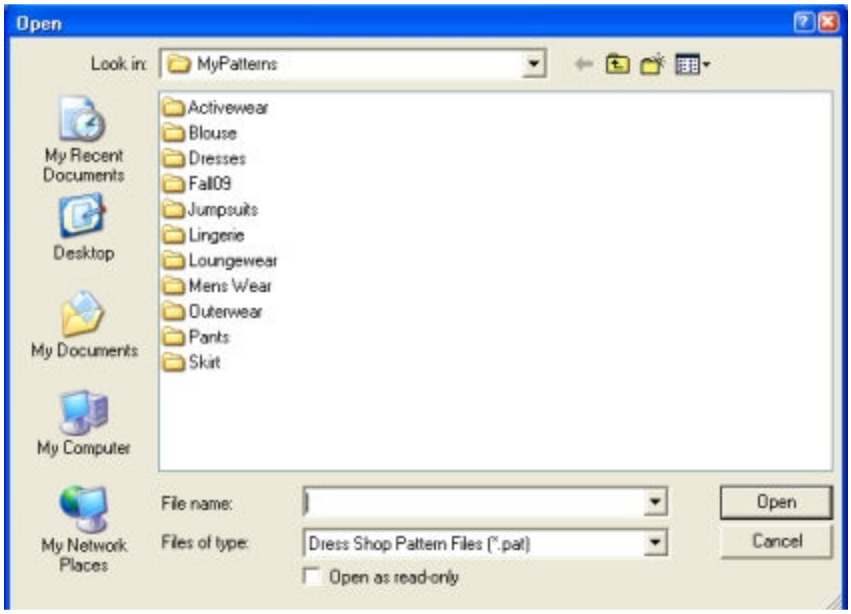
- A Casual blouse (no waist darts) that drafts to hip level.
- A fitted pant that drafts to waist level.
- The Torso Garment is a fitted shirt that drafts to the hips.
- The Bodice which is a fitted blouse that drafts to waist level.

Select the garment you wish to use, followed by the 'Done' button.

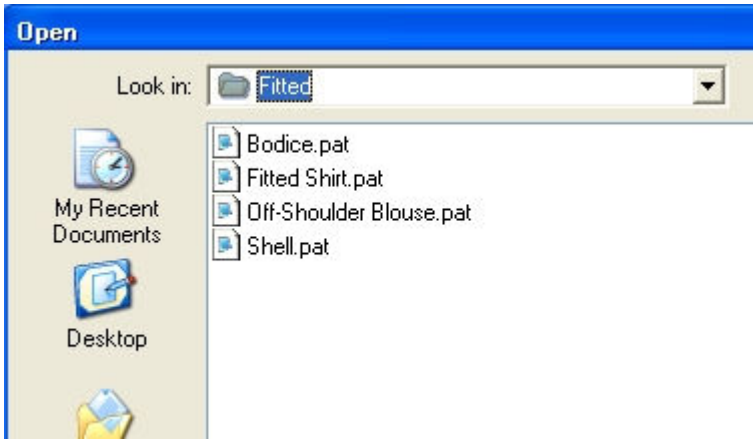
Detailed information on Fit Test Garments, and how to use these patterns, is available from the Help button. You can also refer the Fit Test Garments section of this manual.

Loading a Pattern

Dress Shop comes with patterns included. To load these patterns, use the File>Load Pattern menu. This will result in a screen displaying sub-folders. Some of those include additional sub-folders (the Dress folder includes Fitted Dresses, Princess Dresses, Formal Dresses, etc.). And, within them all are the patterns that you own.



** Never load your Fit Test Garments from the File>Load Pattern menu. Always use the Size>Fit Test Garments menu.*

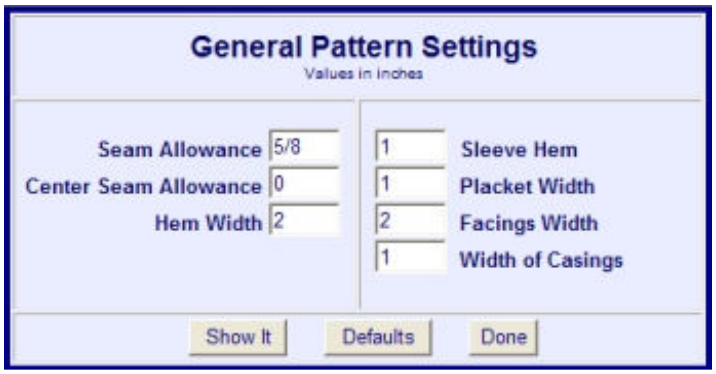


When you select the general garment type, you may see sub-folders within it. For blouses, there are fitted, halter, princess, and unfitted sub-types. Open the sub-type you wish and all blouses of that sub-type will be listed for you to select from.

When you see the pattern you want, click on it to load it. Use the Options menu for all design editing of included and purchased patterns. When you have finished your design edits and want to save the pattern, use the File>Save Pattern menu. Give your edited garment a new name and select Save. The edited patterns will be saved in the appropriate sub-folder for the category of garments, such as Blouse, Dress, or Pants folder. Use the File>Load Pattern> followed by the appropriate folder to load your saved patterns.

Pattern Options

To edit or to see all the possible variations for your selected design, select the **Options** menu. Some examples are:

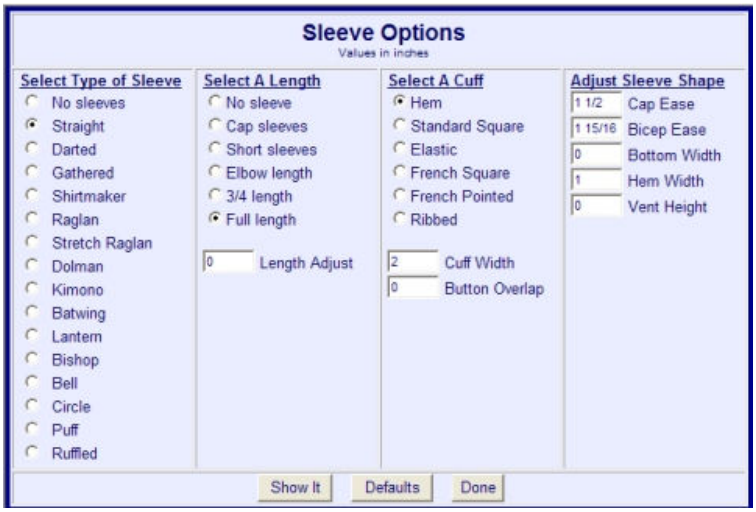


Pattern Settings

- Set your seam allowance, hem width, and facings preferences here.
- Available pattern settings will be determined by the garment selected.

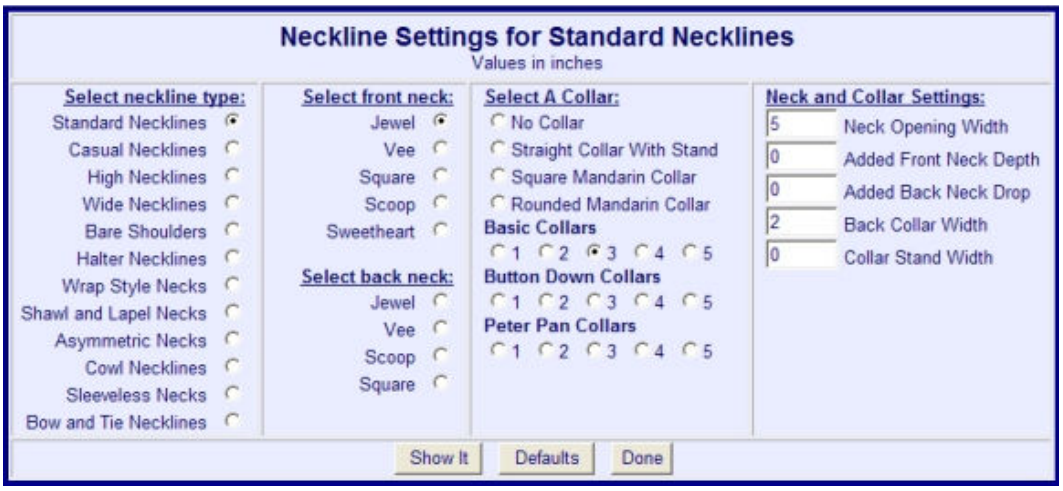
Length Options

- The Length option will allow you to select the length of your garment.
- The Length Selection window will have different settings available depending on the garment you are working on.



Sleeve Options

- Select the specific sleeve type you wish.
- Add design changes to your selected sleeve.
- Add a cuff style.
- Adjust the sleeve shape.



Neckline Options

♦ Select design options for the Neckline and Collars. Which neck types are available depends on the pattern.

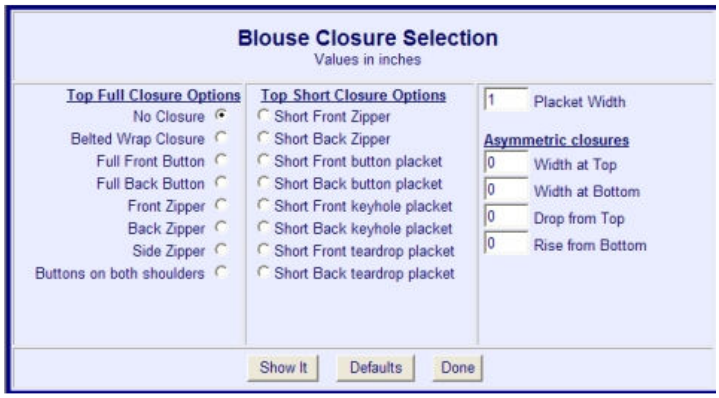
♦ Raise, lower, or extend your neckline opening.

♦ Change the look of your neckline.

♦ Add a collar with the click of the mouse.

♦ Available options for Necklines will depend on the neckline selected.

Some of neckline styles provided by the Neckline Option dialog are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.



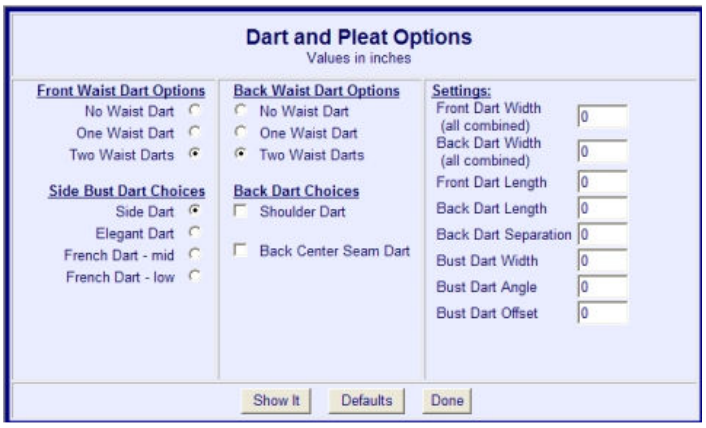
Closure Options

♦ Select the closure you want, whether it's a full front button or short back teardrop placket.

♦ Set placket height or width.

♦ Available closure options will vary by garment type.

Some of closure selections provided by the Closure Option dialog are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.



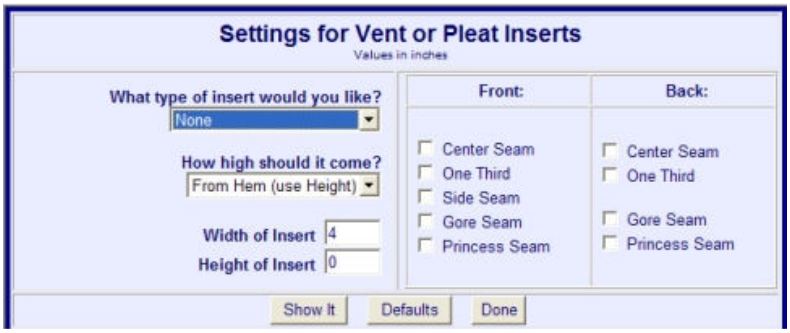
Dart and Pleat Options

- Change the Dart styles. Remove them or add how many and where you want them.
- Add a Shoulder or Center Seam Dart.
- Edit the look of your garment with a Low French Dart.
- Enter the desired width, length, angle, and offset of your darts.
- Available options for editing your darts and pleats will be determined by the currently selected garment

Many of the dart adjustments provided by the Dart and Pleat Options dialog are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.

Shaping and Finish Options

- Set or adjust the shape of the hemline – flat, curved, shirt tail, with or without ribbing, and much more, depending on the garment..
- Increase or reduce the flare of the skirt.
- Available options will be determined by the garment selected.

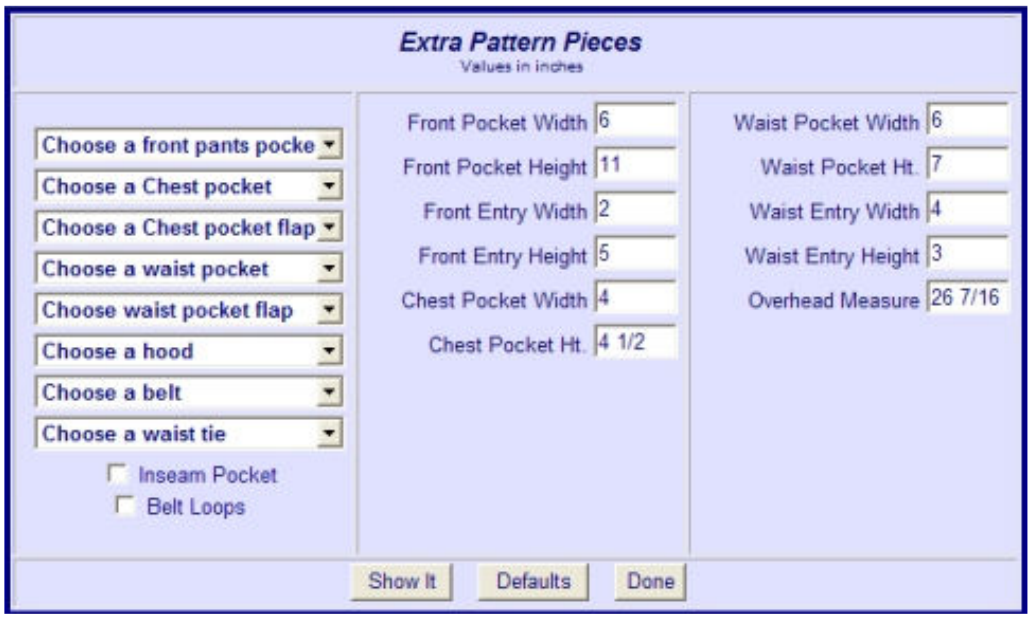


Vent, Pleat or Godet Options

- Select the type of vent, pleat, or godet that you wish from the drop list box.
- Set the width and height of your inserts.
- Decide where you want them placed – outseam, center seam, gore seam, etc.

Several of the insert types provided by the Inserts Option dialog are only available with Dress Shop Pro. When running Dress Shop Standard, those selections will be highlighted in red.

Extra Pattern Pieces Options (pockets, waistbands, flys, belt loops, etc.)



- Use the drop list boxes to select the extra pattern bits you want to add. Choose from Cargo, Patch or Inseam pockets.
- By selecting Advanced, you can change the width and height of your pockets and pocket entry, belts, and fly.
- Available options will be determined by the currently selected garment.

Option Summary Report

Keep a record of the design changes you have made to your patterns by printing out the Options Summary, which is under the Options menu. When you are happy with your design changes, select " Options Summary", add special comments, and keep track of the changes made to each pattern.

Dress Shop Pro
Done
Options Summary for the Fitted Shirt
Created on October 21 of 2009
Comments:
Print Summary
This is the shirt I made for mom on Mother's Day.
Summary of Modified Values
Feature Original New
Sleeve Cuff Width 2 3
Hem Width 1 2
Length Default Ab
Sleeve Full length Short
Sleeve Type Straight sleeve Straight sleeve
Sleeve Length Adjust 0 2

Design Tools

The Dress Shop design tools are much more advanced ways to customize your pattern. The notes here provide a brief overview of each tool, but you should review the tool help provided with each tool for more detailed descriptions and examples.

Empire Waist Customizer is only available with Empire Waisted or Midriff Panel patterns. For those patterns, it allows you to adjust:

- The vertical location of the empire line. Enter positive values to move that position down or negative values to move it up.
- Whether or not you have extra fabric above the empire line, or below the empire line for gathers.
- Set an Empire Wrap amount, where the bodice above the empire line overlaps at the center, as showing in the photo at the left.
- Set the Center Rise amount, where the empire line curves up at center for a trendy look.

Many of the options and adjustments provided by Empire Waist Customizer are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.

Fit Customizer allows you to adjust your pattern for differing fabric types (knit stretch, woven, slinky, etc.), for your intended use of this pattern (dress occasion, casual occasion, relaxed fit for lounging, etc.), and finally for specific fit needs that you have (biceps or thighs that expand more than typical, for instance).

First, select the general fit type – form-fitted, standard fit, casual fit, comfort fit, or one of the stretch fit types. All default ease amounts suitable to that fit type are set for you.

Then, only if you need it, you can adjust the ease at any particular body location that you believe needs a bit more – or a bit less -- breathing space.

Many of the options and adjustments provided by Fit Customizer are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.

The Complete Pants Customizer

The Complete Pants Customizer includes 57 pants foundation patterns, divided into Active, Casual, Career, Jeans, Shorts, and Work pants categories. Clicking on the category tabs at the top will display the list of basic foundation patterns of that type in the leftmost panel.

Owners of Dress Shop Standard will own 4 foundation patterns only. Dress Shop Pro owners receive an additional 4. With purchase of the Complete Pants Customizer tool, you will own all 57 of the foundation patterns.

The Pants Customizer includes every setting and option available for pants pattern, including fit types, ease settings, waistline levels, darts, pleats, yokes, waistbands, length, hem style, and vents. A wide assortment of pockets, including the Slenderizer Pocket, an ingenious style that can comfortably flatten the tummy in addition to providing storage, is available.

At the top left are additional tabs that revise the right most panel to display options for ease, fit adjustments and pattern settings such as pocket size, pocket openings, waistband size, dart size and more. Click on each to see what is there.

The Summary button at the bottom will display a complete summary of every pants setting selected that you can print out to document just what was used with any of your projects.

Use the Tool Help button at the bottom for a more detailed discussion of this tool.

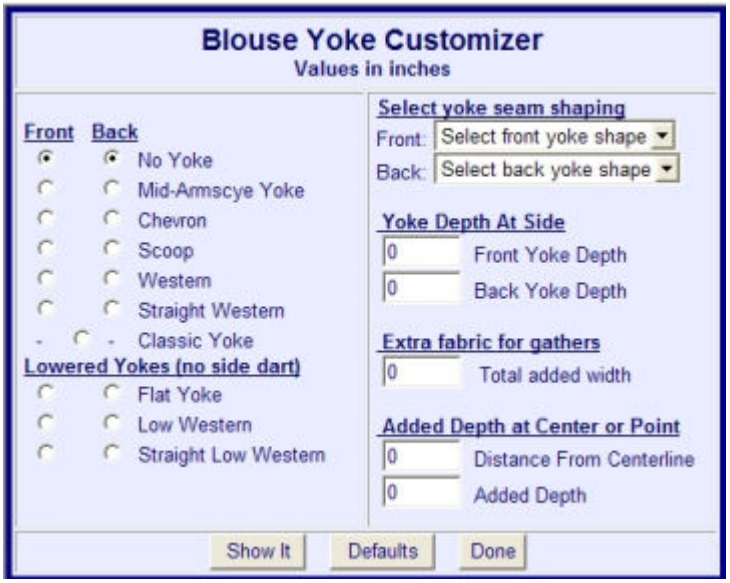
Ruffle, Flounce and Peplum Tool

Ruffle, Flounce and Peplum Design Tool allows you to add embellishments to any of your patterns at the neck, wrist, hemline, or closure.

When you run your mouse over the "Types of Adornment", photos illustrating each option will appear in the rightmost panel.

As you select any type, the center panel will display all settings and adjustments suitable for that option. Be sure to read the reference article about ruffles, flounces and peplums for a more detailed, illustrated discussion.

Yoke Customizer



Yoke Customizer Tool allows you to add a yoke to most blouse, dress, pants, skirts, coat, jacket, or loungewear patterns. Different yoke styles are available for tops versus pants and skirts.

The settings in the right panel allow you to customize your yoke, varying the basic placement as well as the shape of the yoke line. You can widen the pattern below the yoke to provide for gathers.

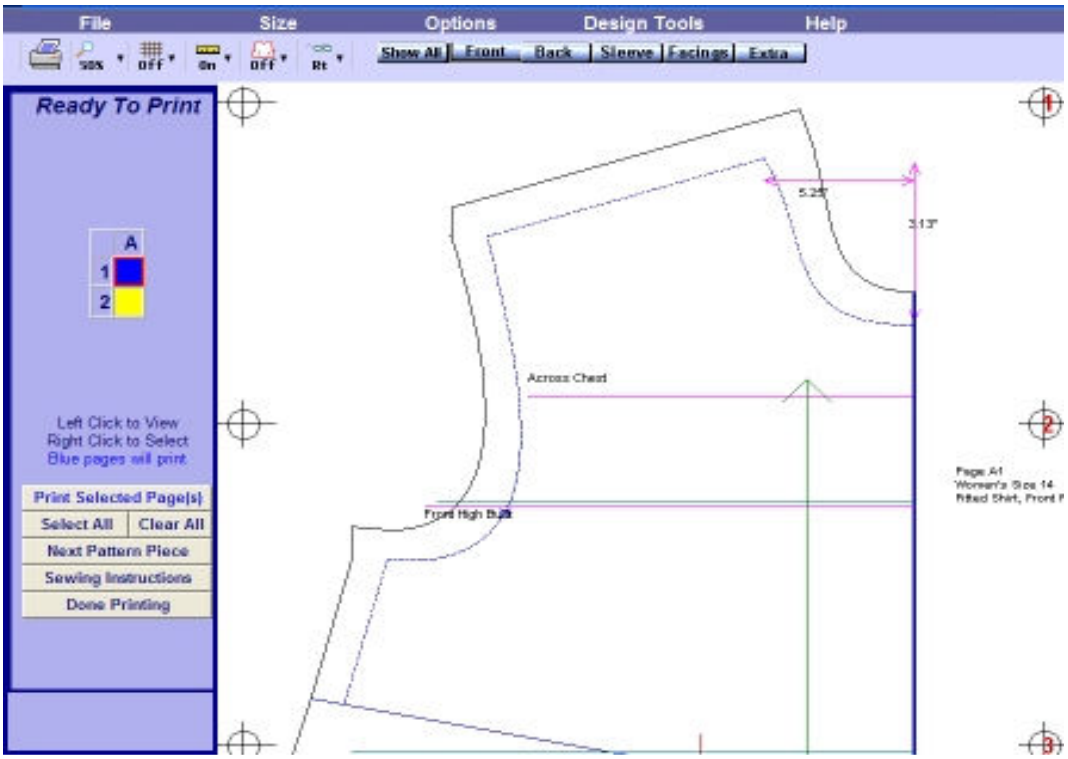
Many of the options and adjustments provided by Yoke Customizer are only available with Dress Shop Pro. When running Dress Shop Standard, those options will be highlighted in red.

Printing Patterns

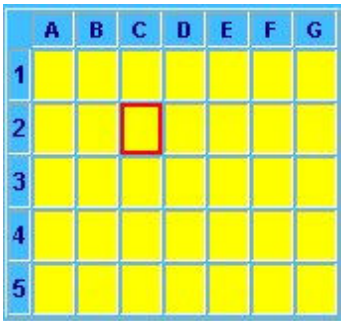
DS uses your default Windows printer for printing your patterns. Patterns can be printed on standard 8 ½ X 11 paper, fanfold paper, or, if you have a plotter, the large sheets or rolls of paper. Use the File>Page Setup to configure your printer and paper size accordingly.

- View and print either the right, left pieces or both sides (unfolded). Choose to display and print 1" grid lines to easily measure your garment on screen or printed.
- Selecting Reference Lines, you can view and print your pattern with key body lines for easy reference: high bust, bust, waist, ab, and so on.
- The measurement lines are in cyan, the measurement + ease lines are shown in purple.

When you are ready to print your pattern, select the Print icon. The following image shows the print window with the pattern scale set to 25%, showing all pieces. The yellow grids indicate how many pages it will take to print the entire pattern at the selected scale. The displaying page is highlighted in red in the grid box.



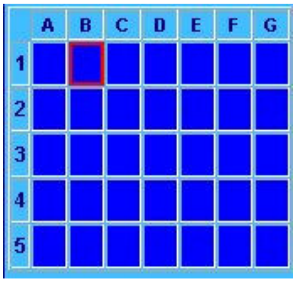
Left click in any grid box to view that section of the pattern.
Right click to select any grid box for printing.
All pages that are **blue** will be printed when the **Print Selected Page(s)** option is selected.
Print Selected Pages will print all selected pages of the displaying pattern piece, such as bodice front or sleeve, not all patterns pieces in the garment, such as front, back, sleeve, etc.
Select All, or **Clear All** grid boxes with a click of the mouse. Click to view the **Next Pattern Piece** of the garment.
Use the **Sewing Instructions** button to view and/or print out the sewing instructions for the current pattern.
Select **Done Printing** to clear the print screen and return to the main window.



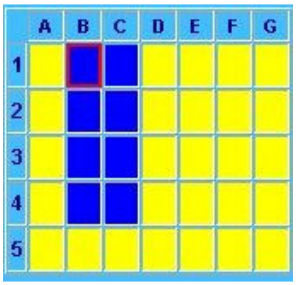
When you select **Full Scale**, the grid will change to show how many pages will be required to print the pattern.

Print all of the pages, or just the pages you want.

By using the **Select All** option, all pieces are highlighted in blue, selected, and ready to print by using **Print Selected Page(s).** This will print all of the pages of the displaying pattern piece.



The page that is displaying on your screen will always be highlighted in red. You can click through the grid to view the different sections of the currently displayed pattern piece.



Or select just the pages you want to print by single right-clicking on them to mark for printing. When you have all your pages marked, select **Print Selected Page(s)**.

Now that you have a pattern you are ready to print, you need to be sure that it will fill the page the way you wish it to. You may want to print out a test page to verify that you have done the Page setup properly. If you are not satisfied with the results, then go back to the **Page Setup** and correct the settings.

If you find that you are missing the very bottom edge or side of a pattern, increase your margins. This often happens when printing pants. The back pattern may show five grids down while the front only shows four. This is because the back pant pattern is generally longer than the front, even if only by ¼ inch. The program will think that all of the pattern will fit within these pages, while your printer will not allow it. Increasing your margins will resolve this situation.

If you are going to be using **Banner or Continuous Feed Printing**, you will need to select the option “Print All - print by columns, not rows" in Settings under the File menu. Because your default printer settings are used, go into your Windows Printer Properties and set your paper for fanfold (8 ½ X 11 or USSF for wide carriage printers) and tractor feed. In the File > Page Setup menu in your Dress Shop program, set your Top and Bottom margins to “0”. Set your side margin to .50 or minimum allowed. (If you find that your targets do not print at this setting, increase your side margins.)

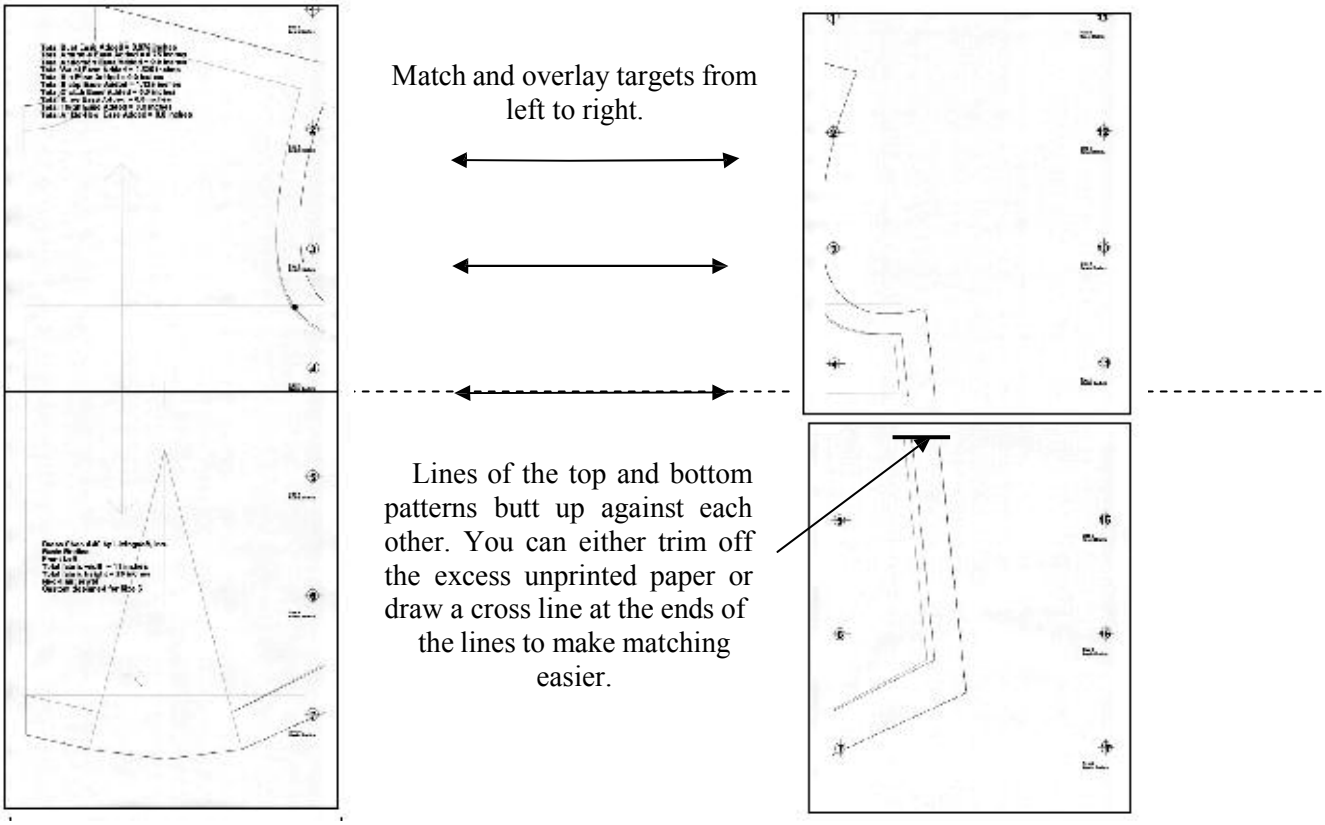
- Be sure that you have the latest print drivers for printing banner or continuous feed in Windows XP**.**

Constructing Your Patterns

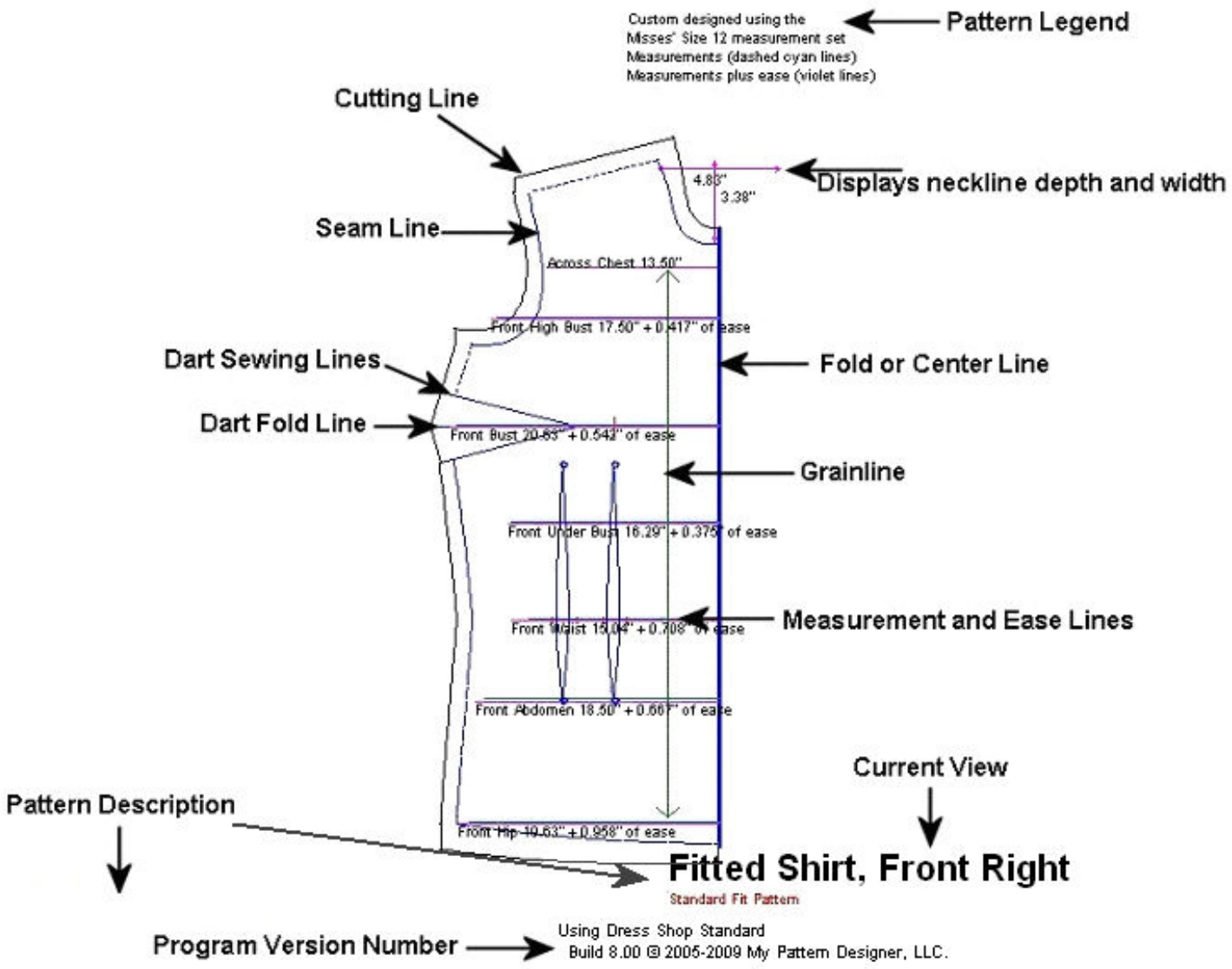
If you are printing on single sheets, it is easiest to work from left to right, matching the targets, then down to the second row and again left to right. Targets will print on the right side of the first strip, left and right sides of remaining strips. Targets should be exactly 3" apart. Top and bottom lines of the patterns butt up against each other. (Trim off the bottom of the sheet just at the end of the line to make matching easier.)

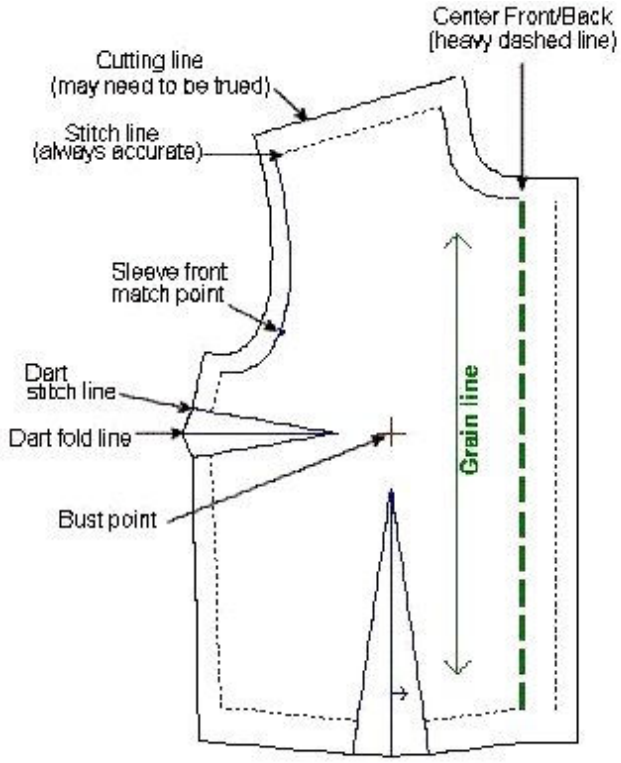
If printing in continuous strips, overlay and match the targets printed on the pattern strips. Tape together, and you are ready to go.

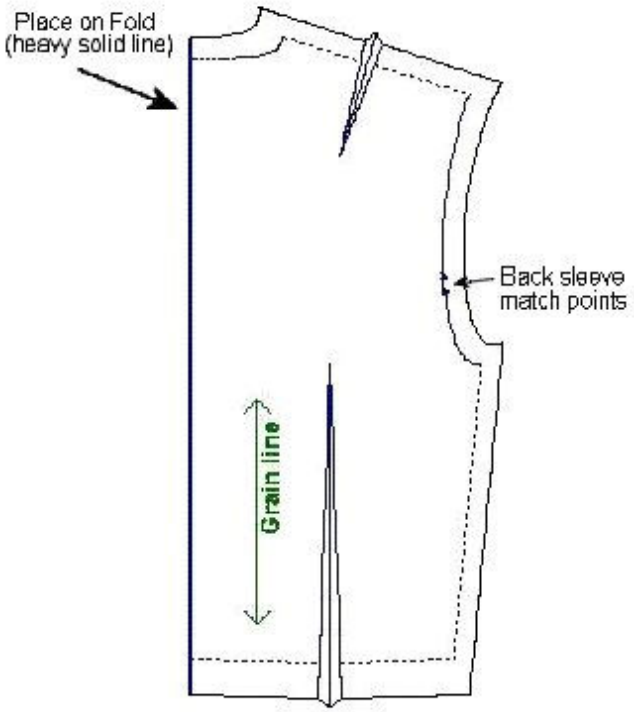
- Working on a white or light colored tabletop will make it easier to see the pattern and targets underneath.
- Post-it glue sticks allow for repositioning and work well when initially matching targets and line ends.
- When all targets and lines have been accurately matched, secure with tape.

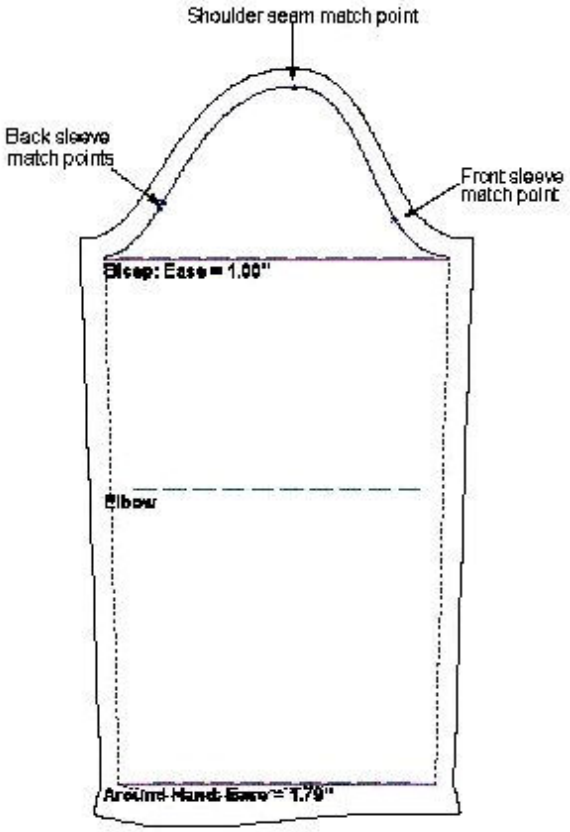

Match and overlay targets from left to right.
Lines of the top and bottom patterns butt up against each other. You can either trim off the excess unprinted paper or draw a cross line at the ends of the lines to make matching easier.

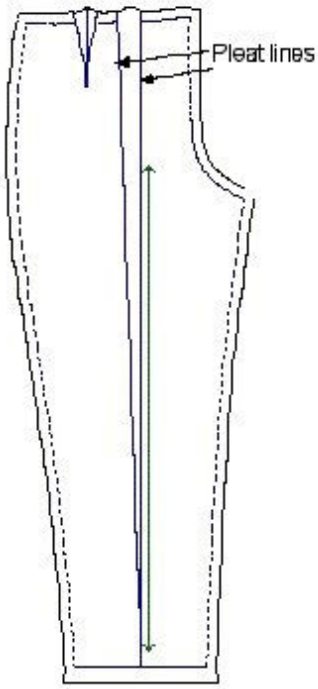
Pattern Diagrams


Custom designed using the
Misses' Size 12 measurement set
Measurements (dashed cyan lines)
Measurements plus ease (violet lines)
Pattern Legend
Cutting Line
4.88"
3.38"
Displays neckline depth and width
Seam Line
Across Chest 13.50"
Front High Bust 17.50" + 0.417" of ease
Dart Sewing Lines
Fold or Center Line
Dart Fold Line
Front Bust 20.83" + 0.542" of ease
Grainline
Front Under Bust 16.29" + 0.375" of ease
Measurement and Ease Lines
Front Waist 15.04" + 0.708" of ease
Front Abdomen 18.50" + 0.667" of ease
Current View
Pattern Description
Front Hip 19.63" + 0.958" of ease
Fitted Shirt, Front Right
Standard Fit Pattern
Program Version Number
Using Dress Shop Standard
Build 8.00 © 2005-2009 My Pattern Designer, LLC.


Center Front/Back
(heavy dashed line)
Cutting line
(may need to be trued)
Stitch line
(always accurate)
Sleeve front
match point
Dart
stitch line
Dart fold line
Bust point
Grain line


Place on Fold
(heavy solid line)
Back sleeve
match points
Grain line

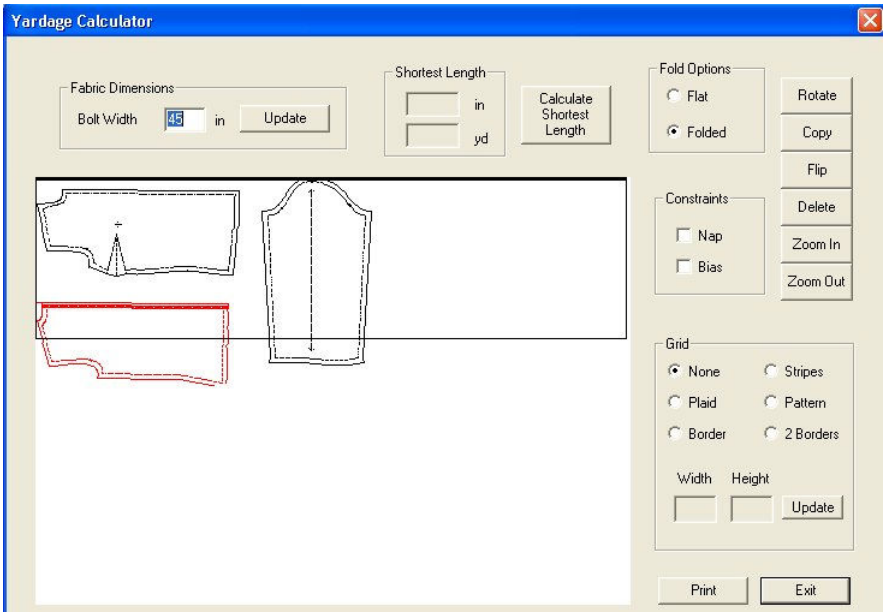

Shoulder seam match point
Back sleeve
match points
Front sleeve
match point
Elbow


Pleat lines

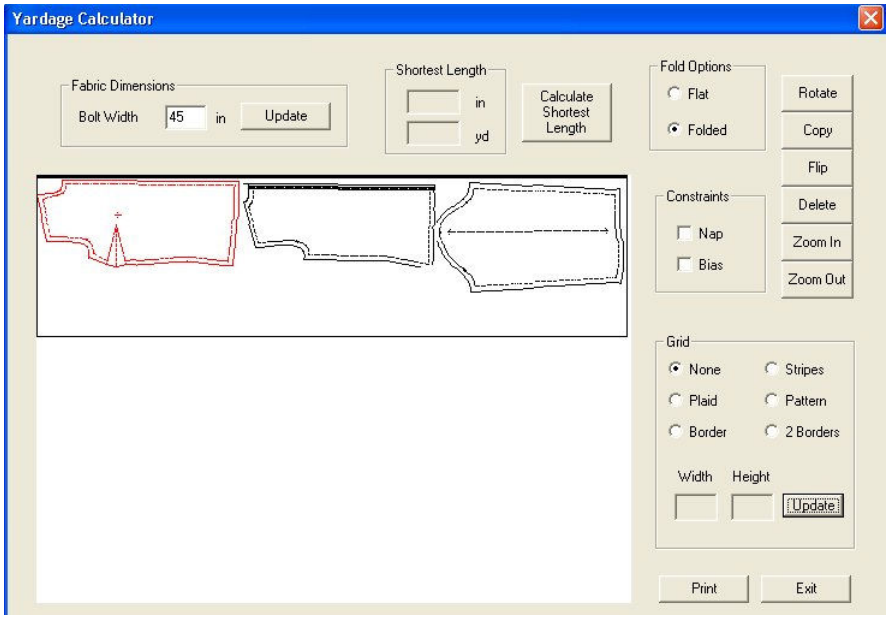
The Fabric Layout Tool

Once you have drafted and made the final design changes to your garment, you can calculate how much fabric you will need by using the Fabric Layout option in the File menu.

With your garment on the screen, go to File>Fabric Layout. This will load your current garment into the yardage calculator. To move your pattern pieces around to the layout that you want, single left-click on the piece that you want to move. This will highlight the selected pattern piece in red. Holding the left mouse button down, drag the pattern piece to where you want it. Continue dragging your pattern pieces around until you get them where you want them.

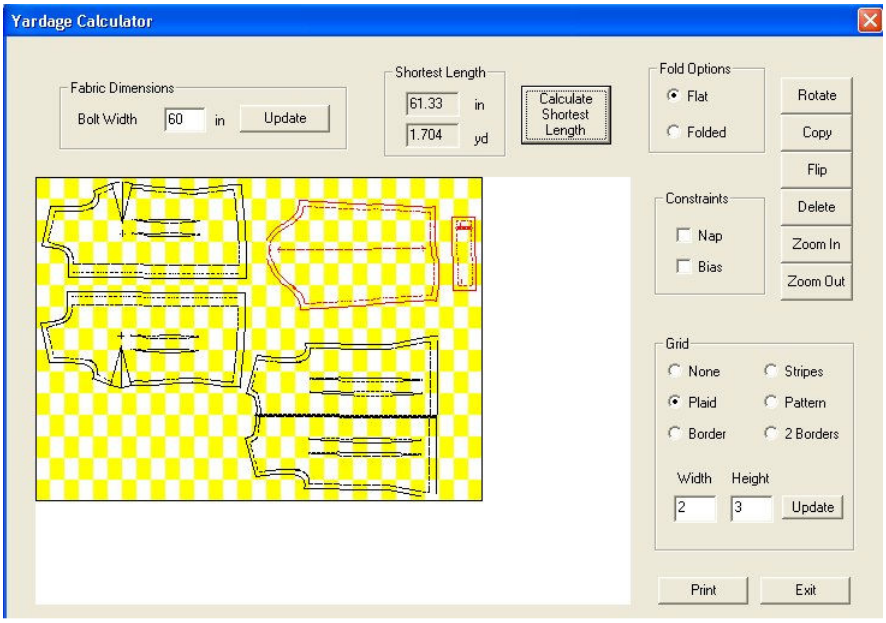


If your pattern pieces are laying in the wrong direction, use the Rotate and/or Flip options that are located in the upper right of the screen to rotate the piece that is currently highlighted in red. When you have your pieces laid out, click on the "**Calculate Shortest Length**" button at the top of the page.



Under **Fabric Dimensions**, you can change the width of the fabric to match what you are using. Simply enter the width of your fabric followed by the Enter key.

- You can lay out your patterns on Unfolded or Folded fabric.
- Select Nap or Bias if needed
- If you are working with stripes, plaids or border prints, enter the height and width of the print and select "Update" prior to laying out your pattern pieces. Then manipulate your patterns to the desired layout for your fabrics.



Take some time and play with all of the options to see what they are for and how they work. Once you are familiar with the tool, you'll use it for all of your designs, regardless of the fabric you are using.

- Rotate – rotates the selected pattern 45 degrees with each click.
- Copy - Copies the pattern piece that is highlighted in red.
- Flip - Flips the piece that is highlighted to the opposite direction.
- Delete – Removes the currently highlighted pattern piece.
- Zoom in - Magnifies the fabric layout.
- Zoom out - Reduces the fabric layout.

General Pattern Preparation – by Kaaren Hoback

What is pattern preparation and why should I?

Pattern preparation is taking the pattern you have printed from your computer and preparing it for your fabric. There are little things you can do that are quick and simple that will make the construction process easier and will assure that your garment will fit properly.

Once you have proven your measurement chart, the program will add ease, fit and flare for the design or silhouette you have chosen. This is your last chance to change your mind about the decisions you have made as to neck depth, length, flare and ease before spending your fabric.

The very powerful tools you have at your disposal within the program allow you to try things you have never seen in commercial patterns. You have many more options with any Dress Shop designs than you ever could have with a commercial pattern. Some of the brightest ideas simply won't work well for you. They are fine in concept but fail the reality test.

Plan, plan, plan! Check and double check! You are designing and you are the one making the decisions. Plan your decisions and keep track of them by using the pattern summary option found under file. Write text notes in the free form text field.

Print all patterns with the reference Line and amounts on. This gives you landmarks to map your journey.

Tools and notions required:

Paper scissors
Colored pencils (You may find that all new cut lines can be done in red and all measurement lines in green pencil, so you have consistency with all your patterns.)
A French curve
A seam gauge
An 18" clear ruler (I use one with very large numbers for ease in seeing".)
Binder clips (also known as bull dog clips)
Another handy tool not mentioned in this article is blue low stick painters tape; I often use it to attach pattern pieces to each other to build a pattern in the round to try on.
Additional copy paper, pattern paper, cheap interfacing to trace off pattern bits.
Regular tape
Single hole punch available from discount and office supply stores.

First take great care in taping your patterns together. My personal favorite method is to tape on a large grid mat and use 18 inch ruler.

You may choose your own method.

Just make sure all pages are square, the A column pages from A1-A4/5 or how ever many pages are set so all the registration marks on the RIGHT hand side of the page are spaced exactly 3 inches apart at center. That all B, C and maybe D columns left hand pages accurately overlap the right hand page of the previous column.

After getting all the pages taped is the time to do your preparation BEFORE cutting away excess paper. Here is what I do to every pattern.

Seam Gauge by Dritz

First, **True the seam allowances:**
IF there is any discrepancy between the stitch and cutlines, making the seam allowance width not exact in some location, treat the stitch lines as correct. Using a seam gauge, draw the cut line out the distance you have set as your seam allowance width. The program uses 5/8th or 0.625 inches as default. Make sure the gauge has a slider and is marked in 1/8th inch increments. The stitch lines are generally correct on straight areas but sometimes vary at arm holes and necklines. Set the slider to your seam allowance width and just run it along the stitch line making dashed marks with your colored pencil to adjust.

Darts:
If the dart starts on a side seam or at a raw edge (waist, shoulder, etc.), fold out the dart as it will be sewn and pressed.

Use a bull dog or binder clip to hold the dart closed so you have both hands free to cut at the corrected CUT line.

For side seams, the side/elegant and French darts are all pressed so the fold of fabric on the wrong side is down. Cut away excess paper starting at the underarm and cut downwards. Stop several inches *above* the hem. (You will be folding the hem under in a minute.)

For pant waist darts, the books say fold the dart(s) at the waist towards center. (Frankly, I do mine towards the out seam - better shaping for my body shape.) Start cutting at the out seam and in towards center to form the proper dart cap. (If pressing towards the out seam start at center and cut towards out seam.)

When folding darts make sure the dart legs overlap each other perfectly even if that means the dart center or a dart leg needs to be trued! Or use the midline of the dart as your presumptive start point and adjust the dart legs. ONLY folding it out will accurately true a dart!

Hems: (including sleeves)
Turn under at the stitch line towards the wrong side and cut the excess paper UP from the bottom fold line. This will create little triangular "pokeys" that may go in or out depending on the stitch line above it. You will no longer need to ease in excess fabric when hemming, or try and stretch the hem to fit. By the way, this is true of all patterns, not just patterns made with the Dress Shop software.

True the shoulders and necklines:
Place the back piece so the neck faces you and the hem is pointing up; overlap the front piece shoulder stitch line so the piece faces hem down. Fold under seam allowances of the shoulder seams and butt the pieces together. Smooth the back neck curve using a pencil by "eye" or use a French curve as shown. This combo curve and square is my favorite, but you can also get a set of French curves from art supply shops if this is difficult to find.

Match the seam lines so they are perfect. (If using a shoulder dart, clip the dart as it will be stitched and pressed towards shoulder.) You now can take the front and back separately and cut away excess paper from the cut line with the shoulder seam allowance folded under. This will again give you a perfect match as "stitched" of the seam allowance, avoiding excess fabric triangles at the end of your seams. Keep the shoulder dart "clipped closed".

Now match your side seam lines. Remember that any fitted garment or one that is derived from a fitted garment such as Casual and Comfort fit levels will have some shaping at the waist. With any side darts folded out, start at the underarm and overlay side seam stitch lines together. Make sure you have a perfect match up, especially when you have used the shaper tool for asymmetric hems. The princess and panel items should also have the side to center panels matched up and smoothed as necessary.

The Sleeves:

Walk the sleeve stitch line (pattern print side down to the bodice print side up). Start at the underarm and walk towards the shoulder point and cap apex. When you get to the arm hole markings on the pattern, hole punch through BOTH bodice and sleeve so you have exactly identical marking points. Continue on up to shoulder point. You should run out of arm hole before you run out of sleeve; make a pencil mark on the sleeve. Repeat for back.

You now have a sleeve with the exact amount of cap ease easy to see! The numbers on the sleeve data which show both armhole length and sleeve length front and back detail the cap ease, but this way is visual!

Facings:

Facings may be an issue, especially if you have adjusted the neckline or used the shaper or closure tools. Lay the facing on the piece it is to face. Clone the neckline (armhole) of the fashion fabric to the facing! You can adjust facings' widths!! Use the options tool.

To make an interfacing for the facing, you can reprint it using a different seam allowance or none. Enter 0 to eliminate seam allowances. Make sure to clearly mark the piece as interfacing. Clone the interfacing to the facing.

You may also draw your interfacing lines on the base fashion fabric pattern and then trace it off onto pattern paper, inexpensive sew in interfacing or something from carriff.com they call sewing fabric; I call it dynamite inexpensive pattern paper.

When doing a lining back piece for a jacket, there is a default "action pleat" set for three inches, which you can adjust. Make sure to fold this out as it will be stitched before doing any back neck facing piece. True the lining to the facing which you may wish to gentle the curve on.

Remember any changes you make are at the STITCH LINE, then true the cut line for the seam allowance. You have now completed the pattern preparation for any blouse, dress, pants or skirt.

If you find a mismatch on pattern pieces:

- Double check that your pages are taped correctly at precisely 3 "apart on the registration circles.
- Double check that your pages are aligned square at top and sides.
- Where we have consistent issues with seam allowances on curves, please double check they have all been trued to your desired seam allowance width.
- Check you haven't forgotten to fold out a dart such as the shoulder dart.
- You may find that when you change a neck depth or width the facings don't necessarily change accurately.

When you are doing a shawl or wing collar, match the collar extension to the back neck edge; it should be $1/8^{th}$ inch longer for turn of cloth ease. Adjust as necessary for your fabric weight.

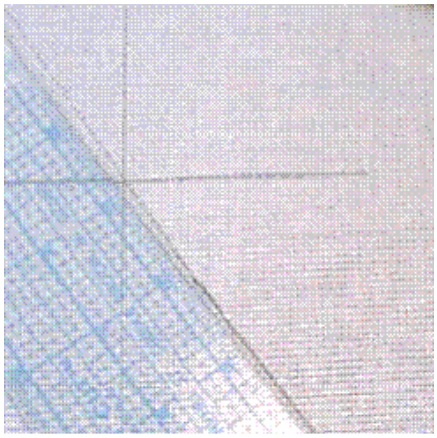
If you prepare the pattern, take some key measurements against your known chart so that you will be able to accurately establish the exact total garment ease, including collateral ease as well as design and wear ease, at all points on the pattern.

You will also have a fully prepared pattern if you DO use hand drafting techniques to convert the straight of grain pattern to a bias pattern or to adjust the shaping of a piece beyond what shapes are currently available. Using the reference lines at key landmarks on your pattern, you can easily map button placement, embroidery and other wearable art locations and sizes.

When you have completed your garment, you can staple the pattern summary, a scrap of the fabric, and any notes you have created on your design sheet for an archival history of the garment to either repeat or modify for future use.

Do check and see if there is a construction article in the Help menu - "Directions and Articles" that will make your project easier to complete.

Fabric Preparation and Lay Out – by Kaaren Hoback



Use the layout tool found under File in Dress Shop to estimate your required yardage.

Using the layout tool you may rotate, flip, copy and lay out the pattern pieces for fabric with or without nap, stripes or borders. The layout can be done on the fold or as a single layer. You may print the possible layouts to keep with your Options Summary.

Prepare your fabric by either laundering or dry cleaning per the yardage instructions to avoid shrinkage when the finished garment is cleaned. Steam or Press flat, noting the ideal pressing temperature.

Lay out your fabric and allow it to relax before laying out your pattern pieces.

It is important that you find the true long and cross grain. Make sure to take the time to check the fabric grain and line up the pattern grain line to the fabric grain line. The grain lines on the pattern should run the same direction as the grain lines on the fabric. If you place your pattern piece on just a slight angle, the fabric may "grow" and stretch. Long side seams may pucker.

Here I have marked the long vertical grain, the cross grain and even the true bias grain.
For most of the patterns you are creating, do not use bias for your main pattern pieces. Place your pattern pieces down so the pattern grain line is along the true long or vertical grain. Avoid the possibility of a permanent fold line on center seams by offsetting the fabric fold.

Do not attempt to use the selvage edge of your fabric as a finished seam edge. The fabric is more tightly woven in the selvage and when you wear and clean the garment you may get some puckering or distortion.

Often it's best to lay your fabric out and let it just relax a little while. If the fabric is very slippery, make a sandwich with plain white tissue under and on top of the fabric. Place the pattern on top, either pinned or weighted into position.

Once the pattern is laid out and secured, cut the fabric pieces. Cutting can be accomplished with a good pair of dressmaker scissors or with a rotary cutter and mat.

Immediately transfer your notches and darts using chalk, dressmaker transfer paper, graphite paper, or hand basting with a bright contrast thread. You may wish to use a dot of low stick painters tape to mark the right side of each piece to avoid confusion later.

Tracing wheels come either smooth or with teeth. Smooth wheels are less harsh on your pattern. Various brands and price levels are available. Whatever method you use, make sure the marks are not permanent.

Now is the time to stay-stitch neck and armholes if you feel they may stretch out with normal handling. Keep the fabric pieces with the pattern pieces until you are ready to use them. You are now ready to construct your garment.

Taking Dress Shop Measurements

Marking and Measuring

The following pages will walk you through the marking and measurement process for the "complete" chart of 62 measurements. Be sure to follow the instructions and take the measurements exactly as shown, to and from the same measurement point.

First mark the body with a washable marker, then use a tape measure you are sure is accurate. Tape measures stretch over time, and this can cause inaccurate measurements.

You will need an assistant to do the measuring. Your measurements will be taken front and back separately, not total circumference. If order to get accurate measurements, you will need to stand straight and natural. It is not possible to remain upright and erect and get accurate measurements.

Getting a chart:
Go to File, Settings and click "Show Complete Measurement Chart". If using inches: set to inches and decimals. If using metric set here. Go to Size and "Complete Chart". When the complete measurement chart comes up you may need to select Clear/New to remove any measurements that are in the chart. Then, print the blank chart so you can fill it in.

Marking Your Body

The goal is to mark the primary seam lines, such as armholes, jewel neckline and side seam placements.

Equipment:
For marking your body, you will need the following items:

- Washable felt marking pens (two colors)
- Tape measure (3 if you have them)
- A notepad or scratch paper
- Marking and Measuring instructions
- Measurement chart
- A length of thin elastic to tie at the waistline.

What to wear?
Wear the foundation garments (bra and panties) you normally wear.

Do not wear a swim suit, leotard, camisole or other loose garment over the foundation garments. The looser the garment the more the marks will "shift" and be inaccurate.

The person who is being measured should assume an erect stance and then relax, take a deep breath, let it out, and keep the head up and chin pointing straight ahead.

Neckline: The jewel neck is located at the base of the neck. A thin necklace worn at the base of the neck helps in marking this point. The bump at the back of the neck is center back, the bone at the front of the neck that's "vee shaped" is the base neckline front point.

Don't mark the side of the neck on the throat itself, but rather where the shoulder and neck intersect.

Shoulder Points & Armhole: Locate the joint between the shoulder and the arm. Most people can feel a dimple or actually feel the joint move when the arm is in motion. This is the high true shoulder point, where you want to measure. For garments that have an extended shoulder, the program will automatically add to this dimension.

Draw a smooth armhole curve from the shoulder point to the bottom of the armhole on the front and back. The front will be slightly more curved than the back. Draw along the intersection of arm and body.

Shoulder Lines: Draw a line from the neck /shoulder intersection along the shoulder ridge to the marked shoulder point. This must bisect the shoulder where the seam will fall at the very top of the shoulder. It should not angle, but be a very straight line.

Side Seams: Here a string with a weight (which can be a metal washer, or even a pencil tied at one end) is useful for finding the correct mark. The string is held in the center of the armpit, slightly towards the back. Allow the weight to drop to the floor without touching it. Gravity will have the string drop down straight. Alternatively, if you have a laser level device, place the level flat on the floor and shoot a line to mid-armpit.

You are attempting to draw a straight side seam from the shoulder point at top to the middle of the ankle at floor level. The idea is to split the torso in two, ignoring the bust and bottom. Mark a dashed line along the string line or the laser red beam at mid thigh, upper thigh, hip, abdomen, waist, bust and underarm.

Bust: Find the bust apex. Make sure your bra is adjusted so breasts are near level. You may use a marker dot or a piece of tape to mark the bust point.

Waist: Tie a length of thin elastic snugly at the waistline. Move around a little bit so the elastic slips into the natural waistline. Place a marker dot on either edge of the elastic at center front, center back and both side seams in case the elastic moves during the measuring process.

Abdomen: Find the largest part of the belly, below the waist. This is generally under the navel. (Viewing from the side usually makes this easy to spot.) Mark a line at center front. The abdomen line will parallel the tilted waist, so you need to first establish the abdomen depth at center front. Measure the abdomen back the same number of inches down from the center back waist. Mark the back.

Hip Line: Find the highest part of the bend of the buttock on the back. This will most likely be where the bend if you "start to sit" will be.

Check the measuring lines in the mirror and see that they please you. Adjust as needed. You are now ready to measure.

Measuring Your Body

Measuring Tools:
Have a clean copy of a new chart to write down the measurements, a tape measure and pencil.
Check your tape measure against a grid or yardstick to make sure it is not stretched out.

Measure:
Measure to the nearest 1/8". Measure both sides of the body. Take the larger measurement and write it on the measurement chart. Always measure to the larger side. Shoulders and the top of the hips, even arms and legs may be different. It is very normal for the body to be asymmetric.

Upper Torso Measurements:

Neck Circumference – Measure around the base of the neck with the tape measure "on the edge" rather than flat. Do not measure around the throat but along the marks you made for the jewel neck.

Shoulder Length -- Measure from the intersection of the jewel neck to the shoulder point. Measure both shoulders and use the longer of the two numbers.

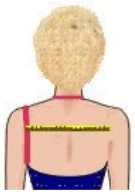
Shoulder Slope Front -- Measure from the marked shoulder point to the center front at the waist. Measure both right and left and use the longer measure. Hold the tape taut as you measure.

Shoulder Slope Back -- Measure from the same shoulder point to the center back at the waist.

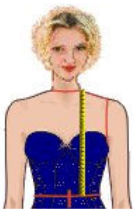
Across Shoulder Front -- Measure from shoulder point to shoulder point making the tape taut.

Across Shoulder Back -- Measure from shoulder point to shoulder point across the back.

Across Chest – Divide the armhole depth number (the distance between shoulder point and armpit) in half, and measure that distance down the armhole line from the shoulder point. Measure from that marked halfway point on the armhole line across the upper chest to the matching point on the opposite side.



Across Back -- Find the half way mark as above then add ½ inch to the result, so that the back measurement is taken a bit lower than on the front. Measure from marked armhole to marked armhole across the back.



Full Length Front – Measure straight down the front from the neck/shoulder intersection to the elastic at the waist, holding the tape slightly taut. Measure the right and left sides and chart the longer.

Full Length Back – Measure straight down the back from the neck/shoulder intersection to the elastic at the waist. Measure both the left and right sides and chart the longer number.

Center Length Front – Measure from the base of the jewel neck to the center of the elastic at the waist. Verify that the elastic is still sitting between the little marks you made.

Center Length Back -- Measure from the center back of the marked jewel neck to the center of the elastic at back waist. Verify that the elastic is still between the marks.

High Bust Front -- Measure from side seam to side seam right under the arm keeping the tape level to the floor.

Bust Front – Measure from side seam to side seam over the widest, largest part of the bust, across the "apex" marks that you placed on the bra.

Bust Back -- Measure from the side seam to side seam right under the arm. This is not along the bra band but above it.

Bust Depth -- Measure from the shoulder point to the bust point. Measure both the right and left sides and use the longer measurement.

Bust Radius -- Measure from the bust point to the chest wall in a straight line down from the apex, contouring to the breast.

Under Bust Front – Measure from side seam to side seam right under the breast. Take this measure tightly.

Bust Span -- Measure from bust apex to apex.

High Waist Offset -- Measure up from waist to the "high point" of the midriff. If you don't have a high point, select the bottom of the rib cage level.

High Waist – Measure from side seam to side seam at the "offset" level. Measure the back at the same level.

Side Length -- Measure from the underarm down the side to the waist.

Waist Front – Using a snug tape, measure across the waist front, from side seam to side seam.
Waist Back -- Measure from side seam to side seam across the waist back.

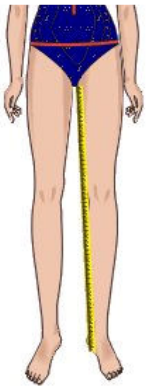
Abdomen Depth -- Measure from the waist to the high point of the abdomen at the center front.

Abdomen Front -- Measure across the high point of the abdomen front from side seam to side seam. This line is parallel to the waistline, so be sure to drop down the same number of inches from your waist as your abdomen depth at each side seam as well as at the abdomen high point.
Abdomen Back -- Measure from side seam to side seam across the back. Drop down your abdomen depth from the waistline all the way across so that you are parallel to the waistline.

Hip Front -- The hip line is placed level across the body, rather than paralleling the waistline. Find the hip level back first, and then measure from side seam to side seam across the front.

Hip Back – Measure from side seam to side seam across the widest part of the hip.

Crotch Length Front – Crotch Length Back- and Inseam.
First, take a total crotch length measurement from center waist front to center waist back. Note this number, since it will serve as a double check of your separate numbers, in case the tape measure slips when taking the front and back measurements.



The easiest way to obtain the separate crotch measurements is to tie (use a thin wire or a small silk flower on a wire) three tape measures together all at the zero end. Flatten the join so that one tape goes to the left, one tape goes to the right, and one hangs straight down the middle. Pass the flower to the person being measured and have them place the join mid-crotch.

Then stand back up straight and erect and return the feet so they are side by side. Pull the front tape up to the center front waist and note the measurement. Pull the back tape up to center back waist and note the measurement. Now pull the center tape to the floor. Make sure the feet are fairly close together and that the tape is not caught between the thighs. (Give it a tug.) Use this tape to measure the inseam.

Now add the front and back measurements and compare the sum to the total measurement you took first. If the total is different, measure again, because the tape slipped in the process.

Arm Measurements:

Armhole Depth Front -- Measure the bicep circumference first, right under the arm. Start with this simple formula: bicep + 3.35 then divide by 3.14 = front armhole depth. You may adjust this by small fractions as needed.

Example: bicep circumference = 12. 12 plus 3.35 = 15.35. Divide 15.35 by 3.14 = 4.88. Round up to nearest 1/8th, so armhole depth = 5.

Back Arm Hole Depth -- Start with a number 1 inch larger than the front armhole depth. Adjust as needed for a rounded back or forward tilting shoulders.

Bicep -- Measure the total circumference of the upper arm at the bicep right under the armpit.

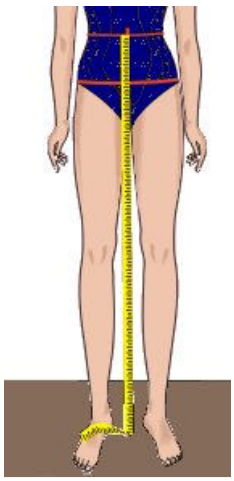
Over Arm Length -- Measure from the shoulder point to the wrist, with the arm slightly bent and the palm of the hand facing the tummy.

Elbow Depth -- While the arm is in the same position as for the over arm length, measure from the shoulder point to the bend of the elbow at the "point "of the elbow.

Around Hand -- Measure around the hand with the hand loosely fisted.

Wrist -- Measure around the wrist.

Lower Torso and Legs:



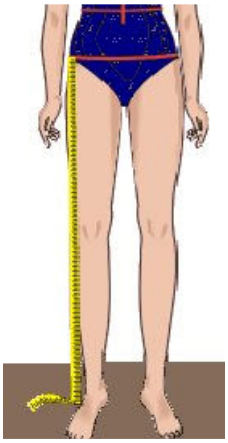
Floor to Waist Front (straight) – Measure from the floor to the waist at center front. Conform the tape from the waist to the hip level, and then allow it to drop straight to the floor.

Floor to Waist Front (conformed) – Measure from floor to waist at center, conforming the tape to the belly and thigh. This measurement will be longer than floor to waist straight.

Floor to Waist Back (straight) – Measure from floor to waist conforming the tape from waist to hip, then allowing the tape to drop straight to the floor from the hip down.

Floor to Waist Back (conformed) -- Measure from the floor to the waist at the back, conforming to the body along the buttock and back thigh. This measurement will be longer than floor to waist straight.

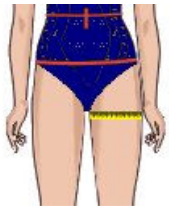
Floor to Waist Side -- Measure from floor to waist side, conforming to the body from waist to hip level.



Floor to Hip -- Measure a straight line up from floor to the marked hip line.

Floor to Knee -- Measure from the floor to the center of the kneecap.

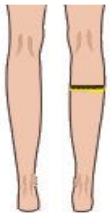
Floor to Ankle -- Measure from the floor to the center of the ankle knob.



Upper Thigh – Measure the circumference of the top of the thigh, approximately 1 inch down from the inseam level.

Mid Thigh -- Measure the mid-thigh circumference, halfway between upper thigh and knee.

Knee Straight -- Measure around the knee at the center of the kneecap.



Calf -- Measure the calf circumference at the fullest part of the lower leg.

Around Ankle/Heel – Point the toe to the floor with the heel slightly raised. Measure around the ankle and heel.

Derived Measurements:

Front Crotch Extension, Back Crotch Extension and Center Back Waist Dart are all calculated for you by the program. The default values may work fine. But, if you need to adjust these, you can enter any other values that you choose and those will be saved with your chart and used thereafter. Adjusting these values is an advanced sewer's feature and should be done either based on your prior experience with other pants or from discussion with and advice from someone experienced in adjusting the fit of pants.

Go to file, settings and show complete chart. If you are using inches, set to inches and decimals. If you are using metric, set here. Go to size and bring up a new "complete chart."

Carefully type in your measurements. Be sure to use decimals, not fractions. Take the time to proofread your numbers for accuracy.

This is a conversion chart of fractions to decimals.

1/8th inch	0.125
¼ inch	0.25
3/8th inch	0.375
½ inch	0.50
5/8th inch	0.625
¾ inch	0.75
7/8th inch	0.875

Common Measuring Mistakes

The following items represent the most common measuring mistakes. If you have problems with the fit of your pattern, review the guidelines below. You should correct all measurement mistakes through the test garment process.

Across Shoulder
The across shoulder is measured from outside shoulder point to outside shoulder point. Frequently, it is placed too far in on the shoulder. If the placements of the shoulder points are too far in on the shoulder, then the sleeves set in too high, the sleeve pulls across the top of the arm and frequently the neck doesn't fit properly. Just as often we see people placing the shoulder marks too far out, trying to create the effect of drop shoulders.

Full Length
The full length measurement in the front should not be shorter than the back. The front of the body has the bust to cover, while the back goes straight down. If the front is shorter, then the shoulder point at the neck is too far forward. The shoulder seam will be very visible from the front of the garment. The possible exceptions to this would be men and children.

Center Length
The center length is always shorter than the full length. The center length is measured from the base of the neck in the center front and back. The side of the neck at the shoulder is always higher. This mistake is usually made at the center back neck causing it to stick up.

Shoulder Slope
If the shoulder points are not in the proper position before measuring, the shoulder slope and the full length relationship are not in balance with each other. The full length determines the top of your garment at the highest point of your shoulder seam. The shoulder slope determines where the outside point of the shoulder seam will be. If they are not in balance with each other, the result may be a distorted pattern which, when made up, will not run along the top of your shoulder. It is "normal" for the shoulder slope to be within a ½" of the full length measurement. If your shoulders are square, the shoulder slope measurement will be up to ½" larger than the full length. If your shoulders are sloped, the shoulder slope will be up to ½" smaller than the full length. These are averages as a guideline only. If your garment fits you, and you are happy with the placement of the shoulder seam and the drape of the garment, then we are happy, too, even if it doesn't fit into our example.

Across Chest
If the across chest measurement is taken too far in on the body, it will create a sleeve cap that extends into the body. You will find the sleeve pulling and it will be difficult to raise your arms. The line that you measure from and to is *straight down* from the outside shoulder tip to the crease formed where your arm meets your body. Do not curve this line; the program will create the proper sleeve and armhole.

Side Length
The side length is one of the funny measurements. It is often difficult to tell exactly where to put the upper mark under the arm. If you have this measurement too short, the pattern will pull up at the side seam. If you have it too long, the program will either give you an error message, or will angle the side seam down away from the waistline. If it is too long, the program will not have enough room to put in your armhole. Cap height plus side seam cannot exceed the full length.

Abdomen
The front abdomen should not be smaller than the back. The front is *almost* always bigger, even on small children and skinny people. If yours is not, you do not have the side seam in the correct location. You have it too far forward on your body.

Crotch
The crotch length in the front should not be larger than the back. If you don't have the crotch split in the correct location, you will have the front bigger than the back. This will give you a pair of pants with a large front leg and a small back leg. Normally, the only time this is appropriate is for pregnant women.

Inseam
The inseam is frequently taken too short. Make sure you follow the leg when measuring, not straight down to the floor. The tape should touch the bottom of the crotch. Measurers cannot be shy. This is often the cause of a short crotch measurement.

How to Adjust Your Measurements

To get the best possible fit from the garments that you make with Dress Shop, it is critical that you adjust your measurements here so that they are optimized for Dress Shop. In some cases, these may need to be slightly different from the measurements that you use in your own sewing, or with other tailors or seamstresses. That is not wrong. Measuring the human body is a subjective effort, with different ways to reach the same end result. So, you need to be willing to change a measurement if it does not give you the results you want in Dress Shop. This help file will offer some guidelines, but in the end, you must adjust your measurements until they suit your taste. So, do not be afraid to change them.

The final means to determining whether your measurements are right for Dress Shop patterns is to make fit test garments (slopers). The bodice sloper will confirm all of the upper body measurements, and the pants sloper will confirm your lower body measurements. Please refer to some of the other articles for additional instructions on adjusting measurements and working with your fit test garments.

If you are not able to resolve your fit concerns with the advice outlined here, visit the Dress Shop discussion board for advice from other users, mentors, and company staffers. The discussion board can be reached from your Dress Shop Help page, home page, or Help Central.
Good luck and happy sewing!

How to Make Your Bodice Sloper Fit

Your bodice sloper is intended to help you confirm that your upper body measurements are correct as Dress Shop needs to know them. When your bodice sloper fits, all of the other blouse, dress, coat, and jacket patterns in Dress Shop should fit also, with the expected differences that the pattern types might suggest.

To get the bodice sloper to fit correctly, you should adjust your measurements. Do not try to get a good fit by playing with ease settings or other sewing options. The sloper should only be adjusted by changes to your measurements. When those are right, you can use the other option settings in Dress Shop to vary your individual garments' fit in a more creative fashion.

The Dress Shop bodice sloper will be drafted to as close an approximation of your entered measurements as possible. When you assemble your bodice sloper, you should be checking:

Check the Shoulders:

- Do the seams lay flat?
- Do the seams hug the shoulders smoothly?
- Are the seams in a good place on the shoulder? Are they close to the physical top of the body without going behind the anatomical center of the shoulder?
- Does the end of the shoulder seam that comes up against the neck leave a reasonable amount of back neck curve and front neck curve?
- Is the outside shoulder point in the center of the arm?
- If you get down on eye level does the shoulder seam appear to be parallel with the top edge of the body?

Now look at the bust and waist:

- Is it too tight across the bust?
- Is it too tight across the back?
- Is it too tight at the waist?
- Is it too loose anywhere?

Check Across Chest:
If the arms curve too far into the body, the sleeves will be uncomfortable when set-in.

Check Bust Depth and Span:
Note where the bust point hits you, then answer the following questions:
Is the bust point in the correct location vertically? (You may have to move this mark if you made any adjustments to the outside shoulder seam.)

Is the bust span correct? It should be centered in the middle of the breast. This is an important point, it sets your darts on the pants and skirts as well as the tops. Make sure you are comfortable with the location. Re-mark and adjust measurements if necessary.

Here are a few of the more common problems and their solutions.

Common fit problems and likely adjustments

1. Too tight across shoulders - Most likely adjustment: The Across Shoulder in front, back, or both needs to be wider. (It is possible that only one of the measurements is off, but since they are connected at the shoulder seam, the other measurement may just seem like it may be too narrow - check both measurements before arbitrarily moving both out.) The Across Shoulder measurements define how wide the garment gets to be in the shoulder area, so increasing the shoulder length by itself will NOT correct for too narrow/tight shoulders. Although, once the Across Shoulder in front, back, or both have been widened, it is possible that a longer shoulder length will be appropriate, and so this area should also be adjusted. Other measurements to look at for possible adjustment if you are changing the Across Shoulder measurements include front and back Shoulder Slope, Bust Depth, Armhole Depth, Elbow Depth and Overarm length. In other words, when you start moving the shoulder point (which is what happens when you change the Across Shoulder measurements in front and/or back), all the points which are measured off that shoulder point need to be double-checked as well.

2. Shoulder seam seems crooked - (one end of the seam swings back or forward on the shoulder). Most likely adjustments: If the end of the shoulder seam at the neck edge is too far back (a very common measuring mistake), you need to decide how much the seam needs to be moved forward, and subtract that amount from the Front Full Length measurement and add the same amount to the Back Full Length measurement. If the end of the shoulder seam at the neck edge is too far forward on the body (less common), you need to decide how much the seam needs to be moved back, and add that amount to the Front Full Length measurement and subtract the same amount from the Back Full Length measurement. If the end of the shoulder seam where it intersects the armhole is too far forward or back, you need to similarly adjust the Front and Back Shoulder Slope measurements - take away from the front measurement and add to the back measurement to move the end of the shoulder seam forward, or add to the front and take away from the back to move the end of the shoulder seam backward.

3. Bodice shifts back on the body - placing the shoulder seams too far back. There is no "most likely" adjustment for this one. There are a number of different possibilities that might be causing this problem. The simplest is that the front and back full length and shoulder slope measurements need to be adjusted to bring

the shoulder seam forward. However, this is the least common cause of the garment shifting problem. You can tell if the measurement of the shoulder seam was off if you check the waistline on the bodice. If the bodice waist is in place in front and back, the garment isn't really shifting back at all, the shoulder seam was merely mis-marked or mis-measured (most likely both). If however, the front waistline is higher than it should be and the back waistline is lower, then the shoulder seams may be correct and the problem may be found in another part of the body. The most common cause of this fit problem is a too-tight measurement, and the problem area can be in many places on the body. One possibility is a too-tight back underarm, which could be caused by a too-short Armhole Depth measurement or a too-long side length measurement. Another possibility is that the garment is too tight across the chest or across back area (check the mid-armhole area) or too tight across the bust or bust back area (check bust, high bust and bust back). Yet a third possibility is that tight shoulders (most often caused by a narrow Across Shoulder measurement, see #1 above, occasionally caused by a too-short Shoulder Slope measurement). The slashing technique (making vertical slashes in places that look tight in the garment) is invaluable in hunting down the problem area for this problem, because otherwise it can be difficult to find. If you are able to slash and release pressure in the affected area, you should be able to shift the bodice back to the correct position and it should stay there. Then you can measure the gapes in the slashes to figure out where the garment needs to be changed.

4. Bodice too tight at the waist - This problem is caused when you have a wide place just above your waist. Measure above the waist for all upper body garments giving yourself a "high waist" measurement, instead of a regular measurement.

5. Mysterious other - Think about it, and don't be afraid to try different things. There are occurrences where the program is hitting all given measurements accurately (it almost always does), where you have taken all your body measurements accurately, and double-checked them to make sure and gotten the same results, and something still doesn't fit. These occurrences usually happen because someone has some bumps or curves or even dips in areas that are not covered by the many measurements we take in Dress Shop. If you have a situation where, for instance, your pants are too tight even though you've triple-checked your ab and hip measurements, it may be that your shape isn't quite as we had planned for in our curve shaping algorithms.

However, there is always a solution. You can insert vertical slashes along the bust or shoulder levels, front and back, to see where the pattern needs to be wider to make it fit you snugly but not tightly. Then make the adjustments to your measurements. Do not worry that these aren't your "true" measurements. Just know that these are the measurements the program needs to make a good-fitting pattern for your unique body. And do make up another test pattern from the adjusted measurements to confirm that you've made the right changes.

How To Make Your Pants Sloper Fit

Your pants sloper is intended to help you confirm that your lower body measurements are correct as Dress Shop needs to know them. When you pants sloper fits, all of the other pants patterns should fit also, with the expected differences that the pattern types might suggest.

To get the pants sloper to fit, you should adjust measurements. Do not try to get a good fit by playing with ease settings or other sewing options. The sloper should only be adjusted by changes to your measurements. When those are right, you can use the other option settings in Dress Shop to vary your garments' fit in more creative fashion.

Dress Shop pants will be drafted to as close an approximation of your entered measurements as possible. When you assemble your pants sloper, you should be checking:

- The length (confirms floor to waist measurements)
- The tilt of the waist (confirms floor to waist front vs. side vs. back)
- Fit at waist, ab, and hip (to confirm each of those measurements, front and back)
- Fit in the crotch (confirms crotch length, inseam, and body depth (See below for a discussion of that setting.)
- Fit of the outseam at thigh, knee, calf, and ankle (confirms those measurements - these are less critical at this stage as adjustments here are common for different fabrics and can be done with wear ease). The main problem to look for here is saddle bags at the upper thigh area. Tighten up the thigh measurements.
- Fit of the inseam at upper thigh to knee (excess fabric here suggests body depth and thigh measurement issues).

Definitions of some terms that we will use a lot here:

Crotch curve - the major curved part of your pants pattern, dropping from the center front waist to the top of your inseam.

Crotch length - the length of the crotch curve. Your measurements include Crotch length front and back, and the relative division of this curve will determine whether your pants are loose/tight in the front or the back.

Crotch depth - the vertical component of your crotch curve. Crotch depth is calculated by subtracting your Inseam measurement from your Floor To Waist measurement.

Crotch extension - the horizontal component of your crotch curve. Remember, the crotch curve must fit in the space provided by depth and extension. So, if the crotch length is long, this seam will be more curved. If it is too long, you may get extreme curving, perhaps even a J-hook effect where the curve dips below the crotch tip. Generally that is not good and you should either:

1. Reduce crotch length.
2. Increase crotch depth.
3. Increase crotch extension.

Major tools to get the right fit include:

Waistline tools for the front - you can have one dart, two darts, a princess line, or elastic in the front of your pants. The default setting is elastic. If you choose waist darts, their width will be calculated for you, based on the difference between your waist and hip measurements. Also, as the curvature of the out-seam is adjusted to make it a smoothly sewable curve, the waist width may be extended in the flat pattern and the waist dart width expanded to compensate.

The princess line is a flexible way to adjust the fit of the entire leg as you wish. The basic dart intake needed at the waist is included in this split. But, you can also trim along the split to adjust the shaping of any part of the leg as you wish.

Waistline tools for the back - you can have different choices for waist darts in the back if you like. Your pants may have darts in the front for a fitted look, but with elastic in the back to keep the waistline snug, for instance. Having no princess line in the back (so you do not have to sit on the seam) is another popular variant.

Dart depth adjustment front and back - you can adjust the depth of the waist darts in the front, the back, or both as you wish. The default depths are to the ab level in the front and to 75% of hip depth in the back. In some cases (to adjust fit at ab level, for instance - see below), you might wish to make these darts longer or shorter. If you have pants whose fit you are happy with, you might check the dart depth on them for an idea of what your body needs here.

Body Depth measurement - perhaps the most sensitive adjustments are required along the crotch seam. The basic Dress Shop crotch curve is built using your Crotch Depth (Floor To Waist minus Inseam lengths) and Crotch Length measurements. But, the relative split of the crotch curve from the front to the back is variable. And, how tightly you measure the crotch length can cause very different curves. The best way we have found to adjust this is to estimate the total amount of crotch extension (front and back) that you should need. The Body Depth measurement helps us make that estimate.

To measure Body Depth, stand in a corner, with your back firmly against one wall. Place a yardstick across your upper thighs, right at crotch level. The yardstick should be parallel with the wall at your back. Mark where it touches the wall at your side. Then, measure from the wall at your back (yes, you can move now) to the mark. This distance is the depth of your body at crotch level and will be used to set the "Body Depth". Enter that value on the pants menu page and the crotch extension (the horizontal portion of the crotch curve) will be limited to this amount, 25% in the front and 75% in the back. If that split is not appropriate for your needs, visit the Advanced Options (Options button, then Advanced button). There, you can set the front and back crotch extension limits separately as you wish. There are other adjustments there that you can use as well if you need them. Their usage is described below.

What else can you do to address fit issues:

Does not fit right at the waist - If only the waistline is too tight or too loose, then you might want to adjust the total dart intake for the pants waist darts. Visit Options - Advanced, and set "Override Standard Front Pant/Skirt Waist Dart Intake" to whatever total amount of intake you feel you need from all darts in the front of your pants. There is a similar setting for the back dart intake that can be set separately.

You may also wish to adjust ease at the waist. Under Options, you can find "Waist Ease". Enter positive values for a looser fit and negative values for a tighter fit as desired

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Does not fit right at the abdomen - If your pants are too loose or too tight in the abdomen, there are several adjustments you can make. First, the "Abdomen Ease" on the Options page allows you to adjust the target ab width of the pattern as you wish. Again, positive ease will make the pattern looser and negative ease will make it tighter.

But, not always. If your ab measurement plus requested ease is less than the hip measurement plus ease, there are cases where the pants will not snug up as you might wish. To see what is going on, click the "Ease" button while looking at your pants pattern. You will see the hip and ab lines displayed. Those lines are the width of your measurement plus requested ease. If the ab line does not reach the outseam, then that measurement is not affecting the shaping of the outseam at all. In that case, making it smaller and smaller will not change the pants. This happens when the outseam curve is smoothed out between hip and waist and the ab line is enough inside the resulting curve that the outseam cannot hit your measurement without producing a snaky side seam that would both be unattractive and hard to sew.

In this case, to tighten up the ab, you need to make the waist darts longer. That will make them wider at the ab level. They will then take up more fabric at the ab level and help correct the loose fit. Look at your dart depth and ab width in both front and back to determine whether you should adjust the dart depth in the front, the back, or both.

Does not fit right at the hips - Hip Ease, as set on the Options page can make your pants tighter or looser in the hips as you prefer.

Does not fit right at the crotch - There are a number of ways to adjust the crotch fit. The easiest to use was described above, the 'Total Crotch Extension Limit". If that is not appropriate for you, there is one setting on the Options page (Crotch Ease adjusts the measured crotch length) and 6 settings on the Advanced page to let you adjust this further. You can adjust the relative split of crotch length from front to back, shorten the crotch length by a fixed amount, adjust the inseam length (shorter inseam causes a taller crotch depth, which in turn reduces the crotch extension)

Excessive fabric in the front or back between the legs - this is the most common problem with pants and is a generally caused by either taking too loose a measurement when you measured your crotch length, or from the stretch that inevitably occurs with fabric on the bias. The first step in eliminating this is to set the "Total Crotch Extension Limit". If you get too tight in just the front or the back, then you should go to Options - Advanced - "Front Crotch Extension Limit" and "Back Crotch Extension Limit". Adjust the front and back extensions separately.

Other adjustments that can affect front excess fabric include:

a. Removing some crotch length in the front. There is an adjustment in the Advanced Options just for this.

b. Shorten the inseam (see Advanced Options again). This makes for a taller crotch depth, producing a shorter crotch extension and hence less fabric at that level of the pattern.

Excessive fabric in the outseam below the hip - This is generally not a crotch curve issue, but an outseam shaping issue. Use the thigh ease settings on the Options page to adjust this. Positive values will move the outseam outwards, and negative values will pull it inwards (snugger). You can set Mid-thigh ease or Upper Thigh Ease, depending on where you need the adjustment. Only one form of thigh ease will be in effect at a time, though. So, pick the one you need and just set it.

Excessive fabric in the inseam, but not in the crotch itself - The inseam shaping can be adjusted with the Knee Ease setting on the Options page. As with all the ease settings, positive values make that area looser and negative values make the measurement smaller and the fit tighter. So, if you enter a negative inch or two at knee ease, the inseam will be snugger.

Crotch rides too low - Crotch depth is too tall. Making the inseam measurement larger will help. Or, making the Floor To Waist lower. You should check your measurements here before you change either of these at random.

Pants are too tight in the crotch - There are two possible causes for this problem. Either your crotch length measurements are too snug. Or, you have specified a short crotch extension, and it was not possible to generate that short a curve without sacrificing some of the specified crotch length. If you have set crotch extension, try a larger number. If you have not set a crotch extension value, then you probably need to increase your crotch length measurements or add Crotch Ease on the options page.

Crotch seam is too far forward - giving you an inseam which is also too far forward on the pants. The default amount for the split of your Body Depth measurement into front and back crotch extensions is probably incorrect for your body shape. You can adjust this by moving inches from Crotch Length Front to Crotch Length Back to move the inseam forward or from back to front to move the inseam backwards.

Side seam is too far forward or back - Figure out how much the seam needs to move forward or back (if it is off by ½ inch on each side, then the adjustment amount is a total of 1 inch) and add or subtract that amount from the front and back waist measurements, front and back abdomen measurements, and front and back hip measurements. If the side seam is too far back, add the adjustment amount to the back and take away from the

front. If the side seam is too far forward, subtract from the back and add to the front. If the side seam is only off in one of these areas, you can adjust one area without changing the others.

Pant legs too baggy - Body Depth measurement is probably too wide. Make sure you are taking the measurement correctly. Stand in a corner (if you have no empty corners in your house, stand with your back to a closed door, this effectively creates a corner with the length of wall that allows the door to open fully) with your bottom pressed against one wall. Press back as hard as you can. Place a yardstick across the front of your body at crotch level (where your body intersects your legs). Slide the yardstick over so it butts up against the wall and mark. Hopefully someone is helping you take this measurement and can make sure the yardstick isn't angling forward or back. Stand away from the wall and measure how far from the wall the mark is. You should need a smaller measurement than the one previously taken (it's a tricky measurement to take) if your pant legs are too baggy.

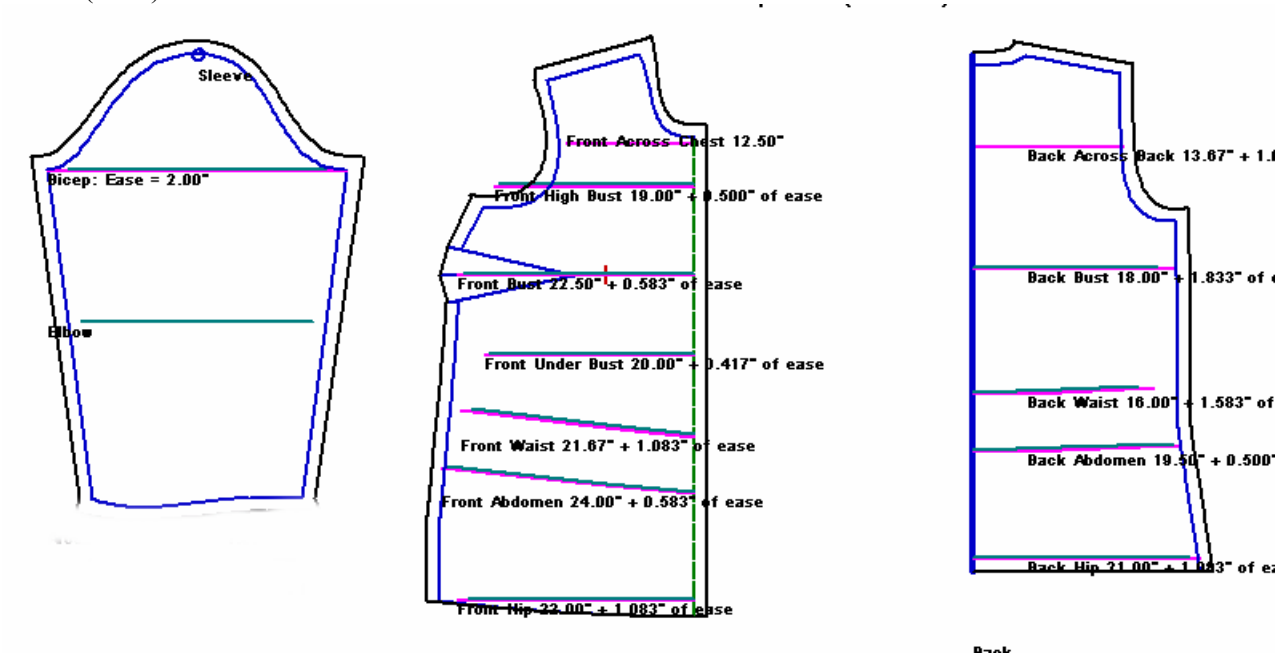
Pants don't come all the way up to the waist - You have probably not taken your Front Floor to Waist or Back Floor to Waist measurement along the line of your body, encompassing your stomach or bottom body curve. If the pants fit correctly otherwise, you should need a longer measurement between your crotch and your waist (and this is controlled by the abovementioned Floor to Waist measurement (front and back only, not side)).

Constructing the Casual Blouse Fit Garment - *by Kaaren Hoback*

The casual blouse is not a snug fitting garment, but rather provides a relaxed fit and is a great starting point. No options are available to this fit garment. The blouse has one side dart and a center front seam allowance which you may leave open at center front to pin closed when you try it on.

The purpose of constructing the casual blouse fit garment is to check your across shoulder, armhole and side seams to make sure they "fit" your body. In addition you can check your bust depth and "dart take up" by viewing the side dart placement, angle and distance from the bust apex mark. The test garment is hip length.

Use a tightly woven fabric that is on grain. Pattern pieces consist of a front (cut 2), a back (cut one on the fold), and a sleeve (cut 2).


Sleeve
Bicep: Ease = 2.00"
Elbow
Front Across Chest 12.50"
Front High Bust 19.00" + 0.500" of ease
Front Bust 22.50" + 0.583" of ease
Front Under Bust 20.00" + 0.417" of ease
Front Waist 21.67" + 1.083" of ease
Front Abdomen 24.00" + 0.583" of ease
Front Hip 22.00" + 1.083" of ease
Back Across Back 13.67" + 1.
Back Bust 18.00" + 1.833" of
Back Waist 16.00" + 1.583" of
Back Abdomen 19.50" + 0.500"
Back Hip 21.00" + 1.083" of e

Print a ¼ scale of each pattern piece, and then print a full scale. Retain the ¼ scale patterns to compare later. Prepare and layout the pattern pieces on grain. Cut out, then transfer dart marks, as well as the waist reference line and the red bust apex cross.

Hem allowances have already been removed from the blouse bottom and sleeve. Please remove the seam allowance from the front and back neck as well.

To construct:

• Stitch the side bust darts along the transferred dart lines. Start at side seam and sew towards the point.

• Sew the front and back shoulders together.

• Set in the sleeves by first matching the notches, one in the front and two in the back. Then ease the sleeve into the armhole, making sure that all of the easing is between the notches and the sleeve apex (shoulder point).

• Sew the front and back together at the side seams.

• Press a crease in the seam allowance line at the center front, so that you have a clear line to match when pinning your test garment closed.

Now it is time to review the garment.

Check that the shoulder/armhole line is at the top of the shoulder point. It should extend less than ½ inch beyond the shoulder point. (If your garment is incorrect, the measurement lines to look at are across shoulder front and back.)

Check that the shoulder drop or angle of the shoulder is correct. (If your garment is incorrect, check the full and slope measurement lines.)

Check the neck depth. For the center front, the garment should hit at the base of the jewel neckline. In the back, the edge of the garment should be at that bony knob at the base of the neck. (If the garment is wrong, check your measurement lines for center front and center back lengths.)

Verify that the side seam runs straight from the underarm to waist and hip and does not angle.
(The measurement lines that may need correcting are high bust, bust and bust back, waist, and hip front and back.)

Check that the side dart points do not hit at the high point of the bust mound and are not too high or too low. (If the dart lines are incorrect, look at your measurement line for bust depth.)

Check that the waist is at or near your natural waist, and that the length of the garment is at or near your hip.

Finally, check there are no large wrinkles, which indicate too much fabric, or puckers, which indicate that the garment is too tight. Wrinkles point at the problem point, while puckers start at the problem.

How to adjust the pattern:

Using the test fit garment, pin out any excess "wrinkle" and measure the amount you pinned out. Adjust the affected measurement line on the chart.

If the garment is too tight, cut a slash line in the opposite direction of the pucker line. The slash will allow the garment to spread open. Measure how much it opens and add that number to the proper measurement line.

If the dart wears too high or too low on the body, mark where it should be and adjust the bust depth accordingly.

After adjusting the chart, click save and load, then done. Now print another ¼ scale set of pattern pieces. Overlay the new printouts on the original ¼ scales to make sure that the changes you made result in what you expected.

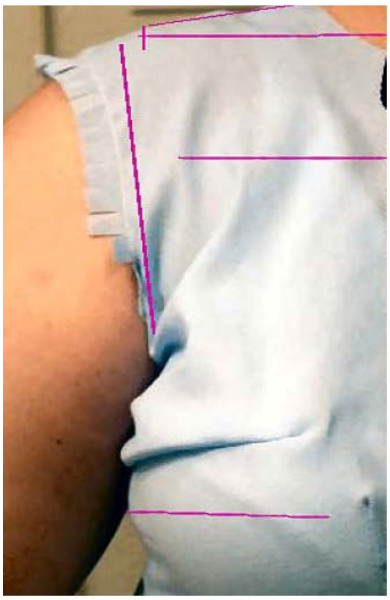
Once you have a reasonable fit to the casual fit blouse, you can proceed to making casual fitting garments that will provide a working wardrobe.

If you wish to make more fitted garments, we suggest that you also make the torso sloper, which has full waist darts and is very snug.

A fit test garment is a non-garment whose sole purpose is to check the placement of the shoulder, side seam, darts, and general fit.

While the bodice test garment depicted in the pictures below is our most fitted testing garment, we suggest you start with the casual fit blouse garment, which is not as snug. There is some ease in the armhole and generous sleeve cap ease.

To make your fit test garment, make sure you have chosen a zipper front closure so that you can leave the center front open and will be able to pin it closed. Trim off the seam allowance at front and back neck edge so that you can see where your jewel neck actually lies.

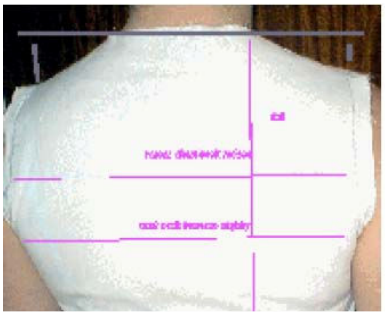


I will review some pictures that show what's wrong and which measurement line corrects the issues.

The shoulder point is critical. When the shoulder point is off, almost everything else is, too, so correct it first.

Here is a shoulder point that's set too far out on the top of the arm, and a bust dart whose bust depth is too short.

Mark on the test garment, while you are wearing it, where the shoulder point and the dart should be. Then remove the test garment and measure how much deeper to make the bust depth and how much less wide across shoulder should be. Changing those measurements can quickly correct these problems.



In this photograph, we can see where the across chest back is too wide and the bust back is too narrow.

The across chest is forcing the armhole of the blouse out onto the arm, which will lead to a too narrow sleeve cap in the end. A high true underarm and shoulder point will allow just the sleeve to move when you are in motion without dragging half the blouse with it.

What's important to note here are the asymmetric shoulder heights. Note the level pencil line above the shoulders and the difference in air space between line and shoulder left versus right. If you have a perfect test garment and an asymmetric body what happens? The test garment will wrinkle or pucker on one side and not the other.

The goal is not a perfect fit test garment, but a good fitting garment pattern.

You can deal with your asymmetry when "mild" and normal such as this one in construction or through the use of shoulder pads -- a mock thin shoulder pad on the high side and a thicker pad on the low side.

For most garments with wear ease this is simply not noticeable.

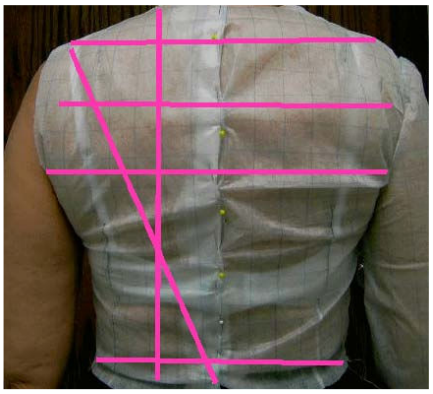
Side seams must be straight, not angled, and should bisect the torso skeleton from shoulder point to waist.

If the seams are placed too far forward or back they must be corrected.

Depending on which way the seams angle, remove from the front and add to the back measurement or vice versa.

Please note that at the bottom of the side seam there is a difference in length from front to back. This is normal. The difference should be between ¼ and 3/8 inch. As this "imperfect" design steals ease from the side seam for the armhole, a different amount is stolen from the front versus back. Do not try and correct this.

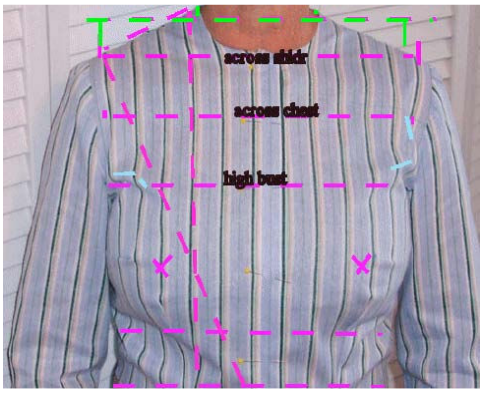
This test bodice looks hopeless. One reason is the "material" used; it's too soft, basically pattern paper. The bodice also isn't pinned quite correctly. Beyond that, it does indeed have problems.



All the back measurement lines are drawn on. The horizontal lines in order are: across shoulder, across back (chest), back bust, and waist. The vertical line is the full, and the angled line is the slope.

The key culprit is the shoulder point being too far out on the shoulder. This leads to the slope being very long, which in turn causes the horizontal wrinkles.

The slope is the diagonal measure from shoulder point to center back waist. This needs to be shortened. Once the shoulder point and slope are corrected, the entire back falls into place.



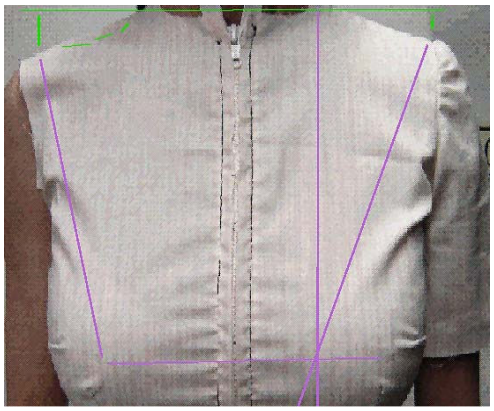
In this test garment, the waist darts pointing at the bust apex are angled.

The bust span is off, leading to the angled darts. Reducing the span straightens the waist dart.

When the span is correct, the dart length will be corrected.

Once again we see the shoulder asymmetry. One shoulder is more steeply angled than the other, and one shoulder is actually longer than the other. In fact, it is evident on most of these pictures. You must measure to the longer shoulder; it is bone and isn't going to compress.

It's barely noticeable here, but most women also have one breast larger than the other. That can compress, but should not. Deal with breast size differences in the construction of your garments. Simply shortening or lengthening a dart by 2-3 stitches on one side usually help.



Here we have a very slender lady with a large bust line. Note that the shoulder angle is quite steep, and, because she is so slender, the shoulder line actually dips in the middle. There is no straight ride line to support the garment.

In order for the garment to fit the higher shoulder, it's too long on the shorter shoulder.

The shoulder angle does need to be decreased, but more importantly, the shoulder line needs support. Shoulder pads are in order to give that shoulder a straight line for the garment to rest on.

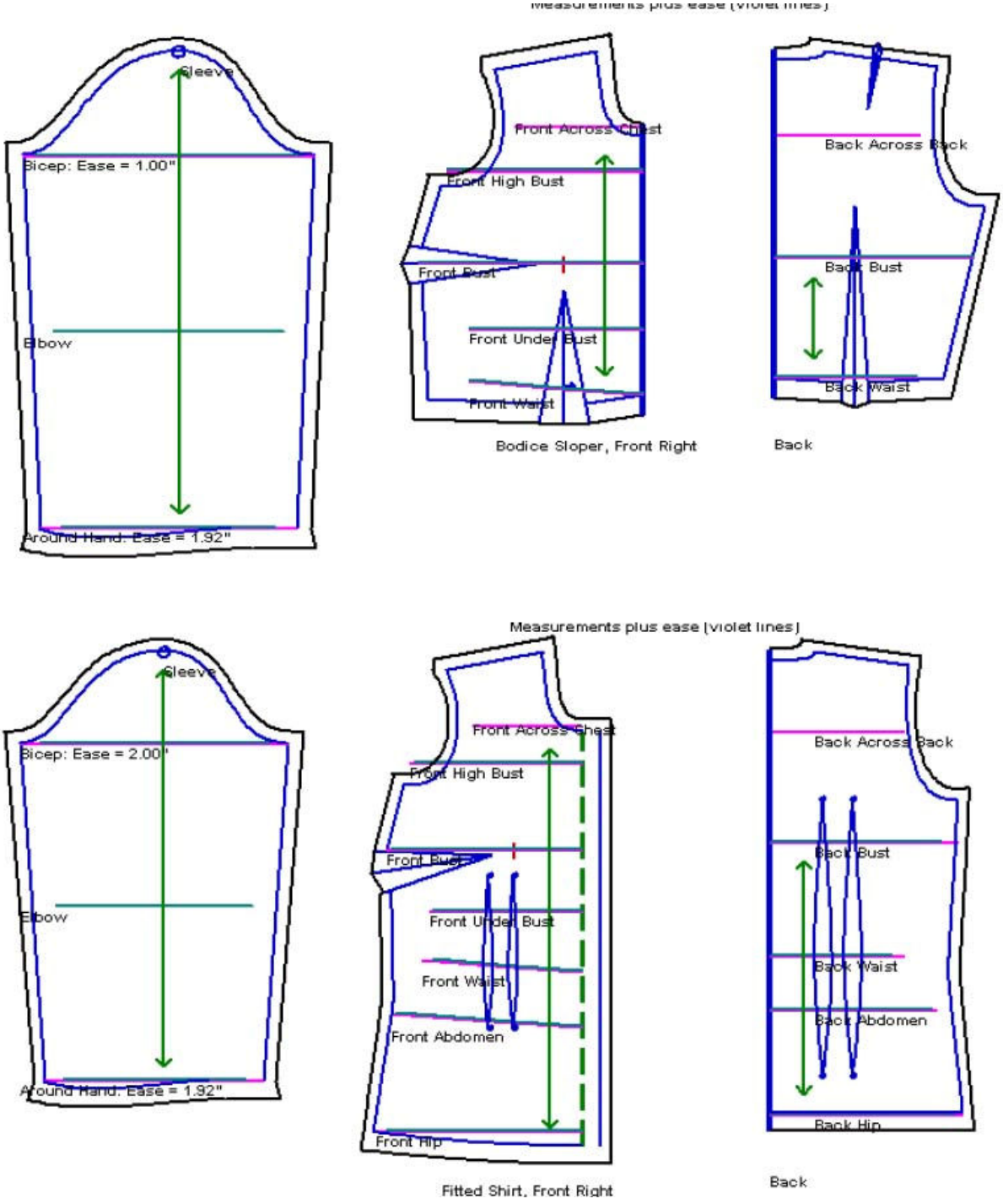
In addition, because of the shape of the bust line, the dart needs to be angled. That change cannot be done on a fit test garment, but can be done on a real garment!

Even with the blouse unfinished, the lady clearly got here from there. Shoulder pads have been added, and the fit is evident.
Even beautiful women have fit challenges!

The goal is not a perfect fit test garment, but good fitting garment patterns.

The fit test garment is the base block for good patterns. The fit test garment will not look like a commercial pattern.

Here is a balanced test garment and a balanced fitted shirt from the same user.

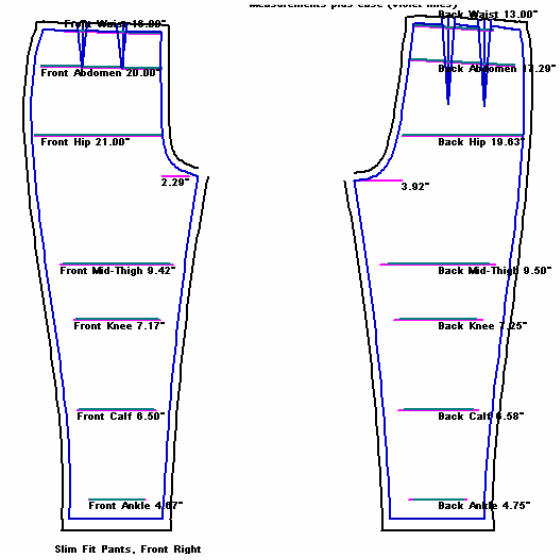


You can see how ease is added, lengths are adjusted, and side seam shaping is developed.

Constructing and Adjusting the Pant Fit Garment

The key to great fitting pants is adjusting and balancing the crotch area.

The test pant is based on a slim fit pant model. The pattern consists of two pieces: front (cut 2) and back (cut 2).



Pant options are not included.

Prepare the pattern, lay out and grain up your fabric. Cut out the pieces and transfer all marks and darts.

To Construct:

Simplified Version -- You may use other construction techniques as desired.

- Carefully sew all darts.
- Sew the center back seam.
- Sew the center front seam starting 7-8 inches below the waist and extending through the crotch point. Fold back the open seam allowance and press, so that you can pin the pants closed.
- Sew the front and back together at the outer seams.
- Sew the front and back together at the inseam, sewing from the hem up. Note that there is a ½ inch inseam ease allowance, which makes the back inseam ½ inch shorter than the front. Ease this amount in the top 5-6 inches of the inseam.

What to look for:

ⵣ The out seam (side seam) should run straight from waist to ankle. (If the garment is incorrect, adjust the front to back splits of waist and hip measurements.)

ⵣ The pant should feel snug but comfortable.

ⵣ There should be no wrinkles, which indicate excess fabric, or puckers, which indicate that the pants are too tight, around the body or in the crotch.

ⵣ You should *not* feel like you have a ‘wedgie’. (The measurement line that may need correcting is inseam length.)

ⵣ The pant should fit from floor to natural waist. (If your garment is incorrect, check the measurement line for floor to waist (conformed). You need to adjust the overall length.)

You can refine your crotch shape, length and curve easily with Dress Shop. What follows is a brief introduction. If you are using a wizard or standard measurement chart, you should be able to get a relaxed (dress pant) fit pant with just a few adjustments. The closer the desired fit to your unique body shape, the more you may need to refine the chart.

The adjustments may be made *on* the Chart in this snap shot of the "complete chart" available in the Dress Shop Pro Version.

Waist	27 ✓
Abdomen	34.5 ✓
Hip	37.5

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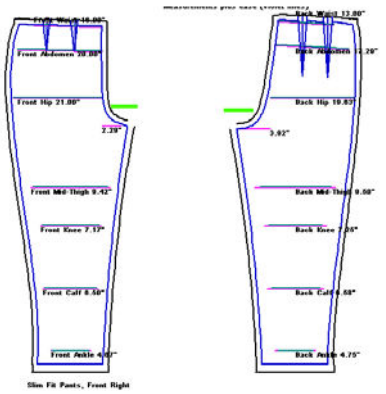
Hip Front	21
Hip Back	19.62
Front Crotch Length	13.25
Back Crotch Length	15
Front Crotch Ext	2.31
Back Crotch Ext	3.925
Front Crotch Break	0
Back Crotch Break	0

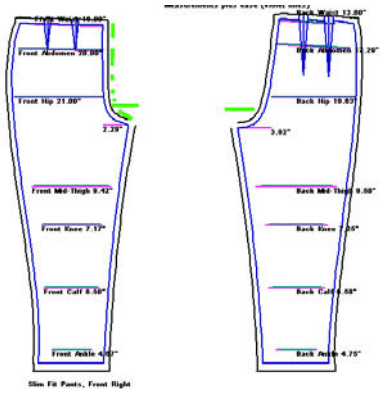
Or study this snap shot of the standard version chart.

WAIST	27 ✓
Abdomen	34.5 ✓
Hip	37.5

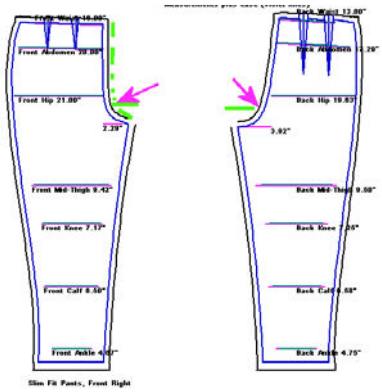
Mid Thigh	21.75 ✓
Floor to Waist, Side	40 ✓
Floor to Waist, Front	40 ✓
Floor to Waist, Back	40 ✓
Inseam	29.5 ✓
Crotch Length Front	12.12 ✓
Crotch Length Back	15.12 ✓
Crotch Extension Front	2.021 ✓
Crotch Extension Back	3.825



Adjusting the front and back crotch extensions: adjusts the width of the body as the pant passes between the legs.



Adjusting the crotch length raises or lowers not only the curve break point, but also the actual extension.

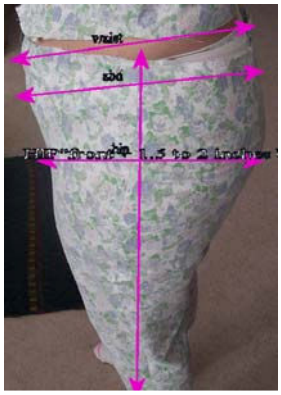


Adjusting where the curve starts on the crotch fork is adjusted using the curve break point.

Finally, in the Dart Tool you can adjust the angle of the back crotch fork by making an entry in the center back waist dart area. This is the ultimate refinement and must be reserved for when you have a real pattern on screen.

For an example, load a fitted pants pattern. Under Options, select dart and center back dart. As you change this angle (increasing or decreasing), you will modify both the “darting effect” at the waist and the entire shape of the back crotch fork.

Here are some photos showing what's wrong with a pant fit garment and how to correct it.



The out seam must be straight. It is a continuation from the bodice side seam to the floor.

The waist level split front to back is okay. The abdomen and hip splits are both off, leading to this rather extreme curve. Taking inches from the back and adding them to the front will correct this problem.

This lady has a tilted waist, so her floor to waist back should be taller than the front. Here the floor to waist front is okay, but the side is a little short, and the back is very short.

This is a mild example of skirting, where the crotch length front is too long, allowing extra fabric to bunch or form wrinkles.

In this case, reducing the crotch length front by a fraction of an inch resolved the issue.

Small adjustments of only a fraction of an inch can turn a good fit into a wonderful fit.

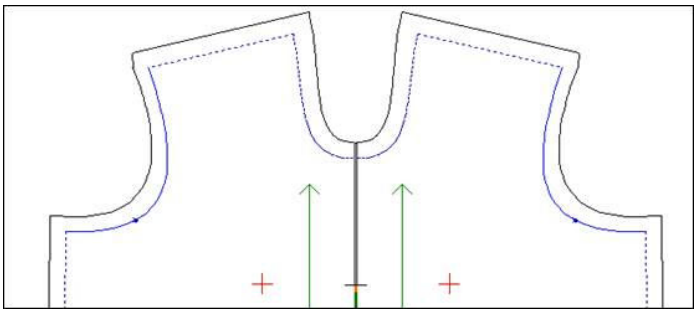
Constructing Necklines

The articles below are samples taken from Help – Articles and Directions in the program.

A Polo Neck – *by Janet Dean*

Fabric Preparation:

Optional: interface the placket pieces with a lightweight fusible interfacing. Mark placket placement lines on shirt front.



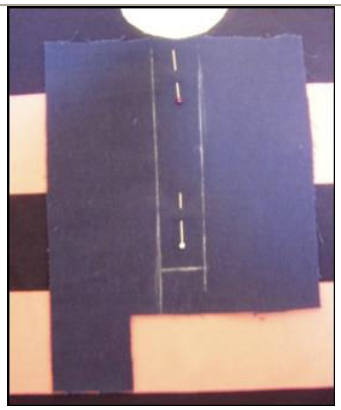
To mark the center front of the placket, fold the fabric in half and lightly press in the center front mark – center of placket between the stitch lines.

Press seam allowances on long edges to the wrong side.

Optional: lightly press fold lines in place.

Sewing the Applied Placket:

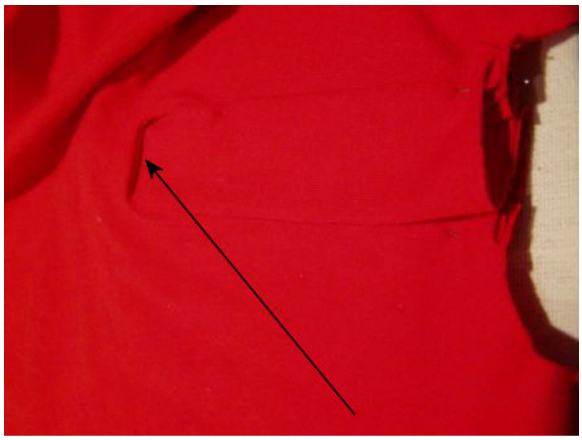
Stay stitch the front neck edge.
Mark placket stitching line on wrong side of placket.
Pin to garment – right side of placket to wrong side of garment.

	
Tailor's chalk to mark placket seams	Freezer paper template the width and length of the placket

Stitch. Slash between the stitches forming a triangle at the end of the placket – similar to the one on the pattern.

Turn placket through the slash. Press seam allowances and triangle towards the placket.

Placket turned through and pinned in place. This is referred to as the placket facing.



Working from right side, fold under lap along fold line matching seam line on the wrong side. Fabric will extend below the placket. Tuck the ends of the placket inside the shirt.

Make sure you lap the placket in the right direction.

Men, boys	Left over right
Women, girls	Right over left

Prepare collar if applicable. Often this style of shirt uses a knitted collar which needs no preparation.
To construct collar, stitch right sides together around the three edges that do not have the shoulder match point. Trim seam allowance, turn and press. Topstitch if desired.

Stitch open edge together 3/8” from the cut edge (inside the seam allowance).
Stitch shoulder seams.

On the garment, mark the following points:

- Center back
- Center front on placket overlap
- Fold line placket overlap
- Center front on placket under lap
- Fold line placket under lap

The blue pins are marking the center fronts; the green pins are marking the placket fold lines.

Pin the collar to the garment matching center back, shoulder T marks and edges of collar to center front marks. Do not pin through the placket facing.

Knitted collar:
Center back edges of collar to center front marks. Open out placket facing.

Turn back at the fold line and pin over the collar.

Stitch seam.

Clip placket corners.

Finish the neck seam:
Over lock: Trimming the seam allowance back to about 3/8" (1cm).
From right side stitch seam allowance in place on the garment parallel to the neckline seam, or twill tape. Edge stitch the twill tape to the trimmed collar seam allowance only.
(Keep free of the garment.)

Start and finish the twill tape within the placket so that the ends are stitched in later.

Edge stitch the other edge of the twill tape to the garment, enclosing the seam allowance.

If twill tape isn't available in the right size – I used ½" in this sample – you can use any of the following: bias binding, self fabric binding, grosgrain, petersham, or satin ribbon (although probably not for men's wear).

Complete the placket:
Pin under lap back in place.
Stitch in the ditch or edge stitch on the placket to catch the placket facing on the wrong side. Pin the overlap back in place. This can be fiddly. Edge stitch in place, duplicating the finish from the under lap side. Topstitch if desired.

With the garment lying right side up on the table, fold the front back on itself at the placket line.

You will see the triangle (from the original slash) and the rest of the placket which needs to be stitched in place.

Pin through all layers.

Stitch and trim excess fabric. On the right side, stitch across the placket about ¼" (6mm) (a presser foot's width) away from the base of the placket towards the neckline.

A Funnel Neck *- by Bobbi Jo Nichols*

Pattern description:
The funnel neck has a fold over facing and usually does not require a closure. It may be associated with many different silhouettes, from a princess armhole dress-floor length, dress in stretch velour, to a polar fleece jacket, a cardigan with a front opening, or a blouse or shirt.

For a nice neckline, use fabrics with excellent "recovery" or bounce back to original shape after being stretched. A funnel neck can be constructed in a woven fabric but it will be cut on the bias and requires a back zipper.

These tips will be for sewing a sweater knit funnel neckline.

Most sewing books have directions for the more advanced technique of inserting a zipper in a bias cut neckline.

This Funnel Neck Knit shirt by Bobbi Nichols was made in a medium weight stripe sweater knit.

Fabric choice:
Knits such as interlock, sweater, slinky, or any knit with Lycra etc. will work.

Woven fabrics: will need to be a medium weight and should be "CUT ON BIAS" to stand firmly.

NB Since knits vary greatly in the amount of stretch they have, it is important to be sure that the neck opening you draft will go over your head.

Drafting your Funnel Neckline:
For this Funnel Neck; I selected a Casual Knit Shirt, and selected the funnel neck. The straight, un-tucked hem was also chosen. Using the Options menu I changed the seam allowance to ¼". To serge this shirt you do not need the 5/8" seam allowance.

If you are using a knit that tends to "roll", you will want to be sure and use a ¼" seam allowance.

Use the neck tool to select a lower neck depth, such as 2" below the jewel in the front and 1" below the jewel in the back. If using a woven fabric please use the neck tool to widen the neck width and depth and add a little more in the scoop width box.

Even with a knit, many people prefer to open up the neck a bit by using the neckline tool.

Please read the How to Use the Neckline Tool article for Funnel Necks.
For other design options, you can select your desired width for a soft "scrunchy" funnel using the scoop neck values.

Cutting out your Casual Knit Shirt with Funnel Neck:
If you are making your funnel neck in a knit, cut with the greatest stretch going around the neck.

If using a woven it is advisable to cut on the bias in order to achieve a nice stand.

If you desire to have the front "on Bias" you must add a seam allowance to center front. You may elect a "zipper closure" on the design menu or simply add a seam allowance after printing if you forgot it.

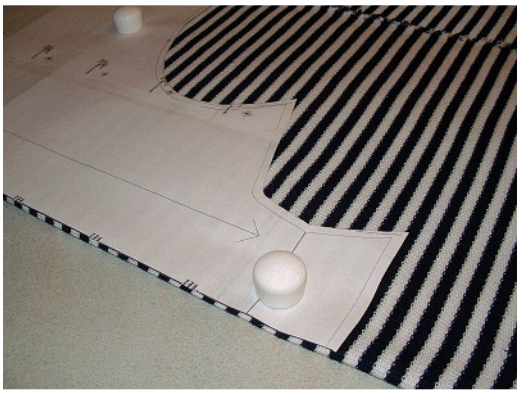
Check the fabric and mark for true bias grain.

The pattern pieces are placed on bias as a "single lay" (cutting through one layer). Place one piece on the bias print side down, the other print side up, in opposing angles so the pattern, if any, will chevron down the front.

When cutting out a striped fabric, I always fold both selvage edges towards the center of the fabric, instead of the folding down the center. This way I can see and make sure that the stripes are going to line up at the front and back seam lines.

I also use fabric weights when cutting out my garment; this keeps slick fabrics from sliding or being stretched by the use of straight pins.

Cutting is quicker if you use a rotary cutter and cutting mat.



Constructing your Funnel Neck Shirt:
Serge or clean finish your neck facing.

When sewing knits on a conventional sewing machine, use a longer stitch length for the seams and a "stretch stitch "if it is available.
Using 9 stitches per inch is a good rule of thumb.

You can also double stitch ¼" seams by sewing a second row of stitching 1/8" from the previous row of stitching. Then press the seam to one side.

If you want a great deal of stretch in the seam allowance, use a zigzag stitch. Also, with knit fabrics, keep the pressure light; this prevents the fabric from ruffling at the edge.
When serging be sure to test sew a fabric sample to set the correct differential feed setting.

2. Apply a stay tape over the shoulder seams to stabilize. I used "Design Plus Black Straight Stay Tape" by L.J. Designs, which is a fusible product.

You may also topstitch the shoulder seam to hold the seam in place if you plan to launder it often.

If you sew with a regular sewing machine you will want to stretch the fabric, ever so slightly, to allow for full stretch of fabric, around the head and neck, in wearing.

If you are unsure of the fit, you may wish to baste on a regular sewing machine and try it on over your head before serging.

3. Pin the shoulder seam front and back, right sides together. You can use silk dress pins, but be very careful NOT to stretch or destroy any of the fabric weave.

Press the shoulder seam flat over a seam roll without stretching as you press the iron straight down. Depending on your fabric type, you may need to use a pressing cloth. Let the fabric cool down before disturbing it; this will prevent it from being stretched out of shape.

I have found that correct pressing can make the difference in a "homemade" garment and a professionally sewn garment.

4. Fold along the dashed line to form the facing. Pin at the "T" pin marking where the neck and shoulder meet, and slipstitch to hold the facing in place. Press without stretching the edge to have a nice finished neck edge.

5. Hand stitch the neck facing to the shoulder seam at the seam line with a slipstitch or stitch "in the ditch".

6. Serge finish the raw edge of the sleeves at the hem.

Attach the sleeves to the garment matching the front arm notch with the front sleeve notch, and match the back arm notch with the back sleeve notch, right sides together, and sew.

Tip: To ease in the fullness of the sleeve cap, you can place the sleeve, wrong side of the garment, against the feed dogs.

7. With right sides together, sew the front to the back at the side seams.
For hem finishes with a stretchy fabric that tends to "grow", use a longer stitch length at the hemline and sew the garment slightly narrower at the hemline side seams.

8. Serge or edge-finish the raw edge of the garment hem.
Sew the hem in using a blind-hem stitch either by hand or on your machine.

Nancy Nason's Funnel Neck

This "How To Article" is provided By Bobbi Jo Nichols of Missouri.

A Turtleneck - *by Nancy Nason*

This turtleneck by Nancy Nason is made in a lightweight knit.

Pattern Description:
The turtleneck is a fold over collar that is inserted 'in the round' and usually does not require a zipper.

A turtleneck collar in a woven fabric is cut on the bias and requires a back zipper. It is known as a bias roll collar.

These tips will be for sewing a knit turtleneck collar.

Most sewing books have directions for the more advanced technique of inserting a zipper in a bias roll turtleneck.

Fabric Choice:
Knits, such as interlock, sweater, slinky, or any knit with Lycra, etc., will work. Woven fabrics of a soft nature and "good hand" *cut on bias* are also suitable. Ribbing that matches your garment body fabric is ideal when available. If using sweatshirt fleece, use ribbing or other stretch material for the turtleneck.

NB Since knits vary greatly in the amount of stretch they have, it is important to be sure that the collar and the neck opening you draft will go over your head.

Drafting Your Collar:
When you choose the turtleneck collar and the collar option tool, you can choose the width of your collar. (*See the "How to Use the Collar Tool" article in the Dress Shop Help - Articles.) Neck choice: select the jewel neckline.

If using a woven fabric, please use the neck tool to widen the neck width and depth. Even with a knit, many people prefer to open up the neck a bit by either trimming or using the neckline tool. It is up to you to make sure the neck opening is wide enough to get over your head.

Cutting out Your Collar:
If you are making your collar in a knit, cut the collar out with the greatest stretch going around the neck. If using a woven, be sure to cut on the bias in order to achieve a nice roll.

Constructing Your Collar:
To make your turtleneck, sew the shorter sides of the collar together with a regular sewing machine. Press the seam open.

Fold the collar in half.

If you have never made a turtleneck before, you may wish to baste the neck edges of the collar together.

Divide the neck edge in quarters, and mark each quarter with a pin.

Sew the shoulder seams on your garment and divide the neckline in quarters, marking each quarter with a pin.

Place the neck edge of the collar against the neck edge of the shirt with right sides together and pin, matching the quarter marks.

As you sew with the collar on top, stretch the collar to match the garment. If you are unsure of the fit, you may wish to baste this seam on a regular sewing machine and try it over your head before serging.

If you prefer a facing finish, divide and sew only one edge of the collar to the garment. Then fold the collar along the dashed edge to have a nice finished, faced top edge.

Hand stitch the raw neck edge to the inside or stitch “in the ditch.” (See glossary.)

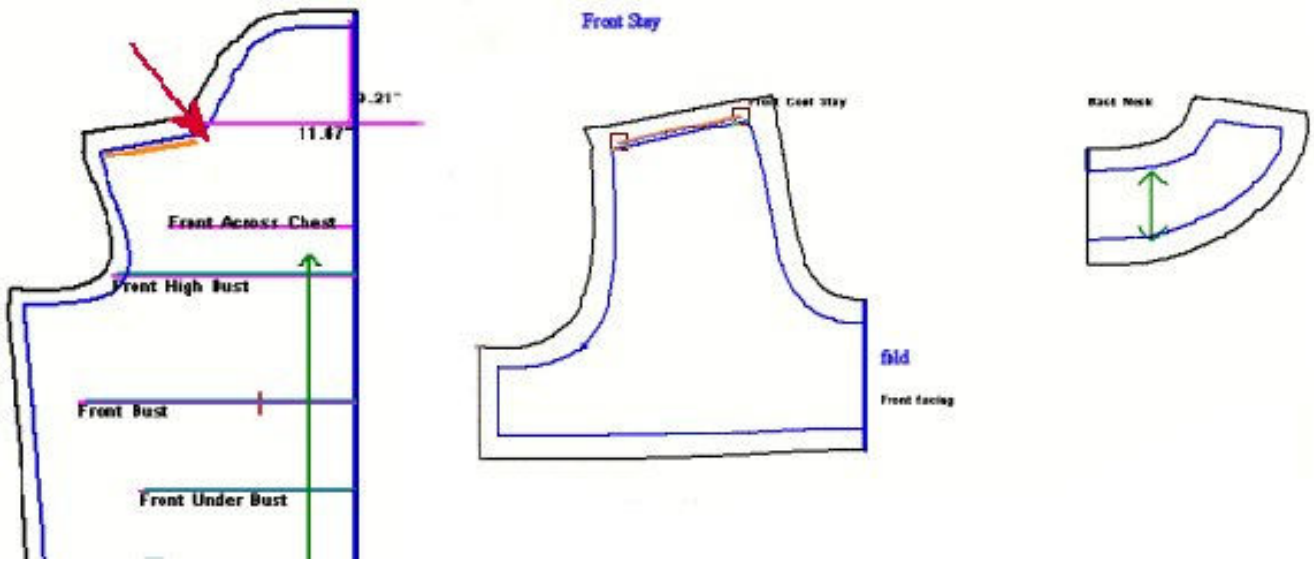
Jaylene's Turtleneck

A Cowl Neck - *by Janet Dean and Kaaren Hoback*

The cowl neckline changes the construction order for any blouse or dress.

After preparing your pattern and fabric, please review these directions before proceeding.

The cowl requires a "stay" which is an additional fabric piece applied to the inside of the fabric front to hold the neck and shoulders in position. The cowl will then stay draped and won't move around. The stay may be made of any fabric, but is often more comfortable if made with stretch fabrics or swimsuit lining.

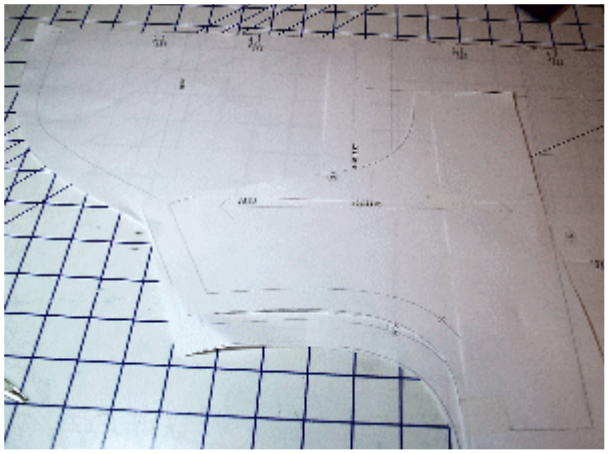


The pattern piece on the right is for the front stay, which will be found under "facings."

- There is a red T pin at the shoulder neck edge position.

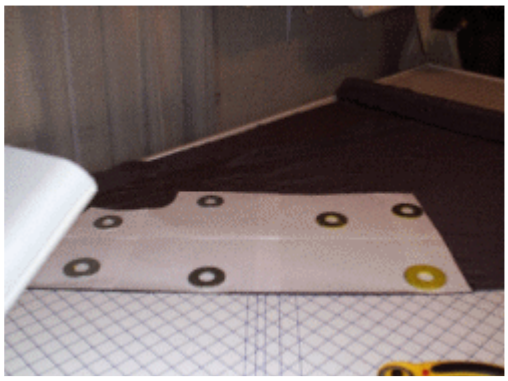
Constructing Your Garment:

Do a trial of the pattern pieces to understand how the stay works. Overlay the stay piece on the front pattern piece. Match the stay to the shoulder and armhole area; the stay shoulder represents the finished shoulder line.



Note how wide the blouse cowl front is compared to the stay. The stay will “hold” the cowl drape towards the center, pushing the excess width in towards center. The "extra" is what forms the cowl or drape.

The raised neckline of the cowl will fold inwards to the inside of the garment, creating the draped cowl effect when completed.



Layout: The front piece may be cut on the bias rather than true long grain. You may add a center front seam allowance and layout the pattern as a single lay, flipping the pattern over print side down. Cut each half of the front separately and sew the two fronts together. This will create a chevron effect (i.e. V), depending on your fabric's texture.

Alternatively, you can create a seamless front by folding the corner of the fabric back on itself to provide a fold line on true bias. Use that fold to lay the half front pattern piece on the fold line. This may have a noticeable one way tilt to the bias grain of your front fabric.

The back is cut on true long grain on the fold.

Prepare and finish the lower edge of the stay by using an over lock, zigzag, or fold up single turn hem.

Prepare and finish the neck edge of the stay by stitching just inside the seam line. Turn a single fold hem. (Clip, if necessary, to ensure that the neckline lies flat.)

Prepare and finish the cut edge of the cowl using an over lock, zigzag, or fold up single hem.

Attach the stay to the garment, wrong sides together. Line up the shoulders using the red T pin marks at the neck edge, armholes, and side seams.

• Stitch just inside the seam allowance – shoulder, armhole and side seams -- taking care not to stretch.

• Stitch the back neck facing to the garment back.

• Stitch front to back at shoulder seams. Use whatever seam finish you prefer.

• *Note:* Keep the cowl and back facing clear of the shoulder seams.

• Stabilize the shoulder seam with clear elastic or stay tape.

• Complete the side seams, sleeves, and hems.

Constructing Sleeves - *by Kaaren Hoback*

The articles below are samples taken from Help – Articles and Directions in the program.

Select which method you desire to attach the sleeve -- flat or "in the round."

Flat construction is generally done with more casual outfits. Raglan and stretch raglan sleeves are usually constructed using the flat method. "In the round" is suggested for better dresses, blouses and jackets. Two piece and darted sleeves are usually constructed in the round.

The sleeve cap is always slightly longer than the armhole it is to be stitched to. This provides cap ease which you can adjust within the program. Unless you are using stretch fabric, you must have some cap ease or the sleeve may tear out when being worn.

Make sure your notches for front, back and cap apex are well marked. I like to snip into the seam allowance about ¼ of an inch. Stitch the dart and press, if using a darted sleeve.

If you are putting the sleeve in flat:
The shoulders are constructed first and you lay out the sleeve flat to the armhole. Stitch in the sleeve cap. Then sew from wrist to underarm, matching the intersection precisely. Pivot, take a stitch, and start sewing down the side seam. *If* you are putting the sleeve "in the round," you construct the shoulders, then the underarm seam of the sleeve and the side seam first.

Setting the cap:
Ease the sleeve cap:
Do not ease below the notch, and leave at least ¾ or 1 inch smooth on either side of the cap apex. There are several ways to ease the sleeve to the armhole. Each method has the stitching in the seam allowance approximately 1/4 inch in from the cut edge.

Basting stitch gathering:
One way to ease the sleeve is to leave a thread tail and stitch a long basting stitch from notch to apex on each side. The stitching is *approximately ¼ inch inside the seam allowance.* Some people do a continuous stitch from notch to notch. I find it better to stop before the apex, leaving a thread tail. Then start again on the other side of the cap apex mark. You will have more control on pulling your thread to gather and put less strain on the gathering thread. Pull the *bobbin* thread gently until you have gathered in the excess ease. Be careful or you may break your gathering thread.

Gathering over a nylon thread or fish line:
Using a very lightweight clear nylon thread (which has considerably more strength), zigzag or couch over the line again just inside the seam allowance, not past the stitch line. Leave a thread tail on both ends of your zigzag stitching. Be careful *not* to catch the nylon thread with the zigzag stitch.

Let the feed dogs do the work (as taught by Margaret Islander and Sandra Bettzina):
Place the sleeve down on the needle plate of your machine. Lengthen the stitch length to 4 or longer. Needle down. Presser foot down and place the index finger of your left hand behind the presser foot. (Check to make sure your machine will *not* pinch your finger!)

Take a small pleat in the fabric behind the presser foot. Push it against the back of the foot, impeding the flow of fabric.

Sew quickly for several inches. Stop and reposition your fingers. Continue until you are about an inch away from the apex mark. Sew, without gathering, a smooth stitch for an inch on either side of the marked apex. Then again apply pressure from behind the presser foot, stopping the fabric from traveling freely beyond it with your left hand index finger.

Practice on scraps!

Now the cap is eased or shortened to fit the armhole. Using your finger tips, tap, tap, tap the easing so it is smooth. Use a dressmaker's ham or even a rolled up wash cloth or tea towel to create a "shoulder" to steam the cap into shape. You do not want to iron this flat! You just spent all that time shaping it into a cap. Once you finish steaming and pressing the cap, allow it to cool and dry before moving it.

Pin the sleeve to the armhole. First match the apex to shoulder point, then front and back notches, and then the underarm position. Smooth the easing so the sleeve matches the armhole. Do not ease from underarm to notches; apply evenly. All the easing is between the notches up to the cap apex.

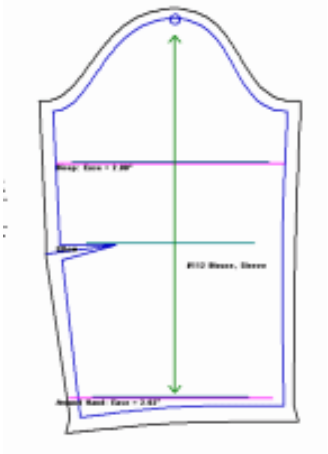
Stitch in place by hand with a basting stitch in a contrast color thread or slowly machine stitch. Remove the basting stitch or nylon thread from method 1 or 2.

If you are using a cuff, I suggest constructing the cuff *first* to the flat sleeve. Then sew the underarm sleeve and set the sleeve "in the round."

Prepare the cuff. If you are using a vent and button cuff, the vent will print on the shirt. You may use the vent placket, which is often called a tower placket. Cuffs are interfaced on the side closest to the skin.

If you plan on using a sleeve head to fill in the top of the cap, prepare the head and hand catch stitch in place to the armhole seam allowance.

The Darted Sleeve



The darted sleeve pattern piece must be prepared by first folding out the dart as it will be stitched. Next true the underarm back seam line.

The dart is stitched first and pressed over a ham to shape. The underarm seam is then stitched.

Ease the sleeve cap to the armhole. The sleeve is then inserted in the round.

For jackets and shirts, I would suggest adding a strip of interfacing in the hem area.

The Two Piece Sleeve

The Two Piece Sleeve is ideal for jackets and is inserted in the round, so the sleeve and side seams are constructed first.

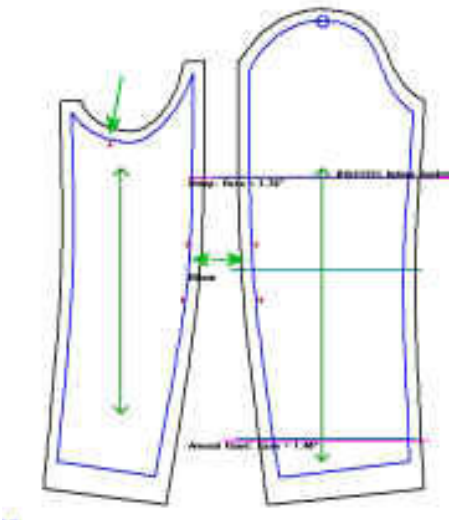
The under panel is stitched to the upper panel easing the back elbow seam as needed between the notches.

Mark the notch of the underarm panel as side seam match point.

Ease the sleeve cap to the arm hole.

The sleeve will benefit from a sleeve head stitched to the seam allowance at the same time the shoulder pad is added.

For jackets and shirts I would suggest adding a strip of interfacing in the hem area.



The Lantern Sleeve - *by Autumn Couture of Florida.*

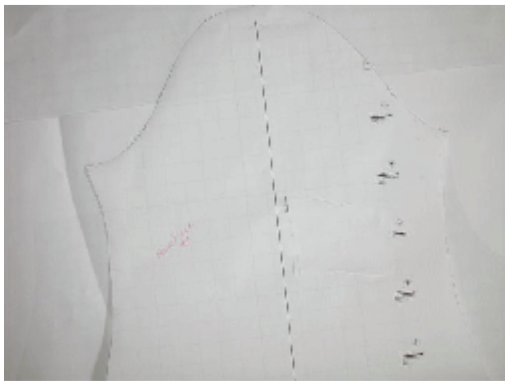
What *is* a Lantern Sleeve?
A lantern sleeve can be used in patterns that range from formal bridal wear to casual elegance.

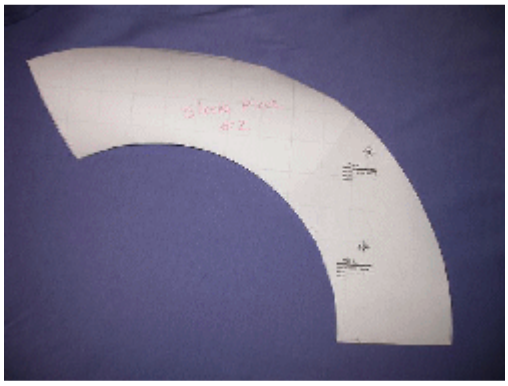
It is a sleeve that is gracefully full, has a "lantern" base and is gathered in at wrist.
There is an additional piece to the lantern that matches the fullness and gently brings it back to the arm. You then can end it with a cuff or a simple elastic casing at the arm at whichever length you choose.

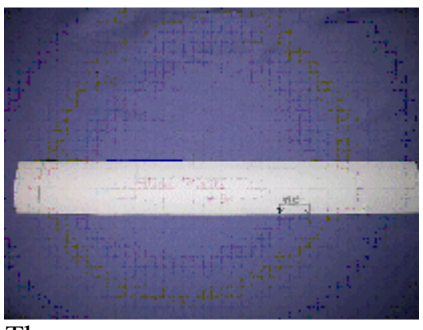
Fabric choices:
The graceful fullness of this sleeve lends itself to rayon, soft linens, silks, sheers and other softly woven fabric with a nice drape. Knits may work as well, depending on how stable they are. This type of sleeve will not drape well in a stiff woven.

How to Assemble a Lantern Sleeve:

For ease in identification we will refer to the pieces as one, two and three.


One


Two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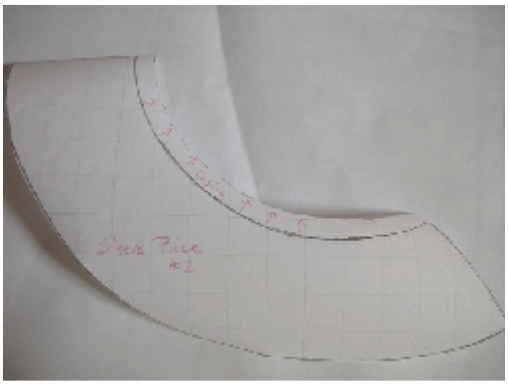

Pattern Prep: True your seam allowances. Mark grain lines on all pattern pieces. Decide if you will be using the cuff or ending it with an elastic casing at the wrist. If using the casing method, you may discard the cuff piece, then add the casing depth to the inside curve of piece number 2.

Piece 1 may appear shorter than you are used to for a full length sleeve; this is because some of this length will be made up with piece number 2.

Check that the cuff is the length you would like; the length up and down the wrist, as well as around the wrist. You may select a French Cuff on the Options / Sleeve menu.

Construction steps:

Elastic wrist sleeve:

If you will be making the elastic casing at wrist, you will begin by making the casing now.

Fold up the hem edge, press, stitch and insert your elastic.

Now stitch the seam of piece 2.

Next you will attach piece 2 to piece 1. There will be some easing needed in attaching the round edge to a straight edge.

It is recommended to put the rounded edge against the bed of the machine and let the feed dogs do the easing for you.

Work in small sections and only line up the edges of fabric for about 1-2 inches in front of the presser foot.

Your sleeve is done and ready to attach to the blouse!

Cuff at wrist: If you will be making the cuff at wrist, begin by sewing the long curved seam to the bottom edge of piece number one.

There will be some easing as you match a curved seam to a relatively straight one, so try to put the one curved seam against the sewing machine bed.

This allows the feed dogs to do some of the easing for you. Work in small sections and only line up the edges of fabric for about 1-2 inches in front of the presser foot.

Now sew the underarm seam from armscye to bottom of piece 1. Match seams, needle down, lift presser foot, and pivot fabric; continue on to cuff.

Sew the cuff seam closed, making sure it will fit around your hand! Press, fold right side out, press again and attach cuff in the round to the bottom of the sleeve.

Your sleeve is done and ready to attach to the blouse.

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